

Activities for Adults (18+ Years)

Registration begins August 10; classes begin August 31, unless noted otherwise within class descriptions.

No class September 7, November 11, 26 or 27. To view a list of class location abbreviations, see page 2.

The activities and classes below are designed for Adults (18+ Years). Additional offerings for adults may be viewed in the Adults (50+ Years) section.

Classes - Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

Arts & Crafts

To view class material lists, visit www.tempe.gov/classmaterials, or visit the Edna Vihel Activities Center Front Office, 3340 S. Rural Rd., Tempe. Students must bring all materials to the first class unless noted otherwise within class descriptions.

Ceramics 2

New 10 week session. Have you completed Ceramics Survey and want to advance your skills? Try your hand in throwing and hand-building as you explore surface decoration and slip techniques. Instructor will guide you through your selected projects. Fee: \$130. 480-350-5287

45763 18 yrs+ Th 9/17-11/19 6:30-9:30 p.m. VIH EL

Ceramics; Open Studio

Open Studio time is available free of charge to all students currently enrolled in and regularly-attending any adult ceramics class. Open Studio times and dates are Wednesdays 12:15-3:15 p.m. 9/23-11/25 and Saturdays 1:30-4:30 p.m. 9/26-11/21. No open studio November 11. 480-350-5287

Ceramics; Open Studio-Holiday Session

This is your opportunity to finish up those last minute gifts before the holidays arrive. Register for any or all of these special open studio times. This is a supervised non-instructional setting and only experienced students who have completed Ceramics 2, Pottery Club or either level of Throwing during the last year are eligible to register. Fee: \$10 each. 480-350-5287

45801	18 yrs+	W	12/2	noon-3 pm	VIHEL
45802	18 yrs+	W	12/9	noon-3 pm	VIHEL
45803	18 yrs+	W	12/16	noon-3 pm	VIHEL

Ceramics; Pottery Club

New 10 week session. Do you want time to experiment and hone your skills? This leisurely morning of working in the studio offers students that opportunity. Potters of all skill levels can freely work on the wheel or hand-build; the choice is yours. Guidance and advice will be provided by instructor. No class 11/11. Fee: \$130. 480-350-5287

45764 18 yrs+ W 9/16-11/25 9 a.m.-noon VIH EL

Ceramics; Survey

New 10 week session. See what keeps the local community of potters coming back every session as you learn age-old techniques of creating beautiful and functional pieces of art. Build a strong ceramics foundation with an introduction to hand-building, throwing, surface design, and glazing. This is your first step into a journey that may bring you a lifetime of joy. Fee: \$130. 480-350-5287

45765 18 yrs+ T 9/9-10/28 6:30-9:30 p.m. VIH EL

Ceramics; Throwing Beginning/Intermediate

New 10 week session. For students who have completed the Ceramics Survey class. Become one with the potter's wheel through a series of drills and projects. Learn glazing techniques to bring your pieces to life and make them uniquely yours. Fee: \$130. 480-350-5287

45766 18 yrs+ M 9/14-11/16 6:30-9:30 p.m. VIH EL

Ceramics; Throwing Intermediate/Advanced

New 10 week session. For students who have completed the Ceramics; Throwing Beginning/Intermediate class. Advance your skills on the wheel while exploring the endless styles and shapes of sculptures that may be created using clay. Experiment with techniques like scrafitto and impression work. Practice glazing and finishing methods to complete the process on your unique pieces. No class 11/11. Fee: \$130. 480-350-5287

45767 18 yrs+ W 9/16-11/25 6:30-9:30 p.m. VIH EL

Collage and Mixed Media

Connect with your creative spirit while exploring art in its basic form. Using traditional and non-traditional materials, create wonderful mixed media works that are as unique as you. Learn a variety and techniques as you paint, distress, glue and embellish. Explore how to add your own special treasures to materials provided in the classroom. Fee: \$50. 480-350-5287

45768 18 yrs+ W 9/16-11/4 6:30-9 p.m. VIH EL

Cosplay Club

Drop in at the Library and use our sewing machines to create your dream cosplay costume. Bring your own fabric and embellishment. Once your costume is finished be part of our Library Comicon on January 23, 2016. Assistance will be available. Saturdays 1-4 p.m. beginning 9/12. Visit www.tempe.gov/library for dates and times. No registration required. Fee: None. 480-350-5500.

Cover Contest - Tempe Writers Forum V. 2, 2016

We invite submissions, beginning Jan. 2016, for an original cover design for the Tempe Writers Forum V. 2 book. It will include winning works of fiction, creative nonfiction and poetry. The contest is open to Tempe residents, Tempe Library Cardholders and ASU students. Tempe Public Library/ASU employees are not eligible. www.tempe.gov/library/writingcontest for complete rules. 480-350-5500

Craft of Costume Design

Do you want to make a costume but don't know where to begin? Cosplay, Renaissance, and anyone interested in making costumes will want to attend these presentations. Each session a costuming expert will focus on a different aspect of costume design. Once it's finished be part of our Library Comicon on January 23, 2016. Fee: None. 480-350-5500.

From Concept to Pattern

46477 18 yrs+ Sa 9/19 11 a.m.-12:30 p.m. LMRA

Capes by Chalk and Line

46478 18 yrs+ Sa 10/10 11 a.m.-12:30 p.m. LMRA

No Sew Costuming

46470 18 yrs+ Sa 11/7 11 a.m.-12:30 p.m. LMRA

Activities for Adults (18+ Years)

Jewelry Fabricate and Create

Start from scratch or enhance your skills in this multi-level setting, where you will learn to create one-of-a-kind jewelry. Instructor will work students based on their skill level; open studio atmosphere encourages exchange of ideas. Amaze yourself with what you can create given the right tools and instruction. Supply costs vary; approximate cost \$100. Fee: \$80. 480-350-5287

45769 18 yrs+ M 9/14-11/2 6-8:30 p.m. PAC

Jewelry; Open Studio

For safety, only experienced jewelry students are eligible. Looking for a space to work on your own jewelry creations? Utilize the time in Open Studio to take your jewelry project from start-to-finish, or complete a project that's already in-progress. Instructor will provide guidance as needed, as well as demonstrate various jewelry techniques. Fee: \$80. 480-350-5287

45771 18 yrs+ Th 9/17-11/5 6-8:30 p.m. PAC

Jewelry; Treasure Necklace Workshop

Twist and form ordinary wire into a one-of-a-kind necklace. Bring your special treasures of old beads, crystals, rocks, trinkets, and found objects to add the charm. Crafters of all levels will be successful as our instructor shows you the easy techniques you will be able to use again and again. View materials list at www.tempe.gov/classmaterials Fee: \$40. 480-350-5287

45772 18 yrs+ T 9/15-9/29 6-8:30 p.m. PAC

Jewelry; Funky Charm Bracelet Workshop

Manipulate and transform wire into a bracelet chain, add jump rings and the fun begins. Get creative using your own bits and pieces of found objects, gems and even broken jewelry. Build a great piece of jewelry that will have people asking, "Where did you get that?" View materials list at www.tempe.gov/classmaterials Fee: \$40. 480-350-5287

45770 18 yrs+ T 10/6-10/20 6-8:30 p.m. PAC

Mosaics and More

Fascinated by mosaic tile floors or ancient mosaic artworks? Let us show you how to work with ceramic tile, glass beads and recycled materials to enhance projects like flower pots, tabletops and more. Learn the fundamentals of tile placement and grouting. Instructor will cover required and optional supplies on first night of class. Fee: \$50. 480-350-5287

45778 18 yrs+ Th 9/17-11/5 6:30-9:30 p.m. VIHEL

Painting; Beginning

Your first brush stroke will immerse you into a world of art, created by you. This introductory class will teach you the basic techniques for painting in a variety of mediums including: Oil, Acrylic and Watercolor. Students will learn how to make brush strokes, mix colors and paint from photographs and still lifes. Fee: \$50. 480-350-5287

45780 18 yrs+ M 9/14-11/2 6:30-9:30 p.m. VIHEL

Painting; Portraits

What could be more fascinating than the human face? Learn the skills to paint portraits full of expression and life. Class will cover paint application, mixing flesh tones, light and shade, as well as achieving a likeness. Feel the thrill of watching your painting come to life as you explore the many techniques used to create compelling portraits. Fee: \$50. 480-350-5287

45779 18 yrs+ Sa 9/19-11/7 9:30-11:30 a.m. VIHEL

Like Us on Facebook!

www.facebook.com/tempefun

Pin This!

Are your online boards full of great pins you want to try someday? Well, you're in luck because today is that day. We provide the materials and supplies for you to practice some of the latest online trends. Practice to perfection as you make completed projects. Fee: \$20 per workshop. 480-350-5287

Fun With Frames-

Turn that boring plain frame from ho hum to wow, and don't stop there. Create ways to display your pictures and special mementos with more than your basic wooden frame. Use papers, fabric, glass, twigs and other items you might not consider.

45810 18 yrs+ T 9/22 6:30-8:30 p.m. VIHEL

Dollar Store DIY

Imagine the things you can do with a few supplies from your local Dollar or Thrift Store. And who doesn't love crafts when they are beautiful and cheap? Imagine what spray paint and glitter can do for the fun little things you find.

45811 18 yrs+ T 9/29 6:30-8:30 p.m. VIHEL

Collage Crafts

A collage is a work of art composed of numerous materials, such as paper, newsprint, photographs, ribbons or other objects attached to a canvas or other sturdy background. We take it one step further adding encaustic; an artform using melted beeswax.

45812 18 yrs+ T 10/6 6:30-8:30 p.m. VIHEL

T-Shirt Crafts

Don't wear your favorite t-shirt anymore? Don't toss it, remake it into a fun and funky reusable shopping bag, or maybe a headband. Come learn all the fun ways you can repurpose those tees.

45813 18 yrs+ T 10/13 6:30-8:30 p.m. VIHEL

Jewelry Re-do

Make fun and funky jewelry from items you may never consider or create something new from old jewelry. This is your chance to experiment and really get creative. Bring any old/broken jewelry you may want to re-purpose.

45814 18 yrs+ T 10/20 6:30-8:30 p.m. VIHEL

Pot & Pans & Old Tin Cans

Discover all the things you can make from flower pots and old aluminum cans. Home and garden décor to storage containers and more.

45815 18 yrs+ T 10/27 6:30-8:30 p.m. VIHEL

Boating

Float Test - Rowing Classes Only

All rowing participants must complete a 10-minute float test and watch a U.S. Rowing Safety Video (does not include paddling classes). If you have rowing experience but are new to the City of Tempe Rowing Program, you must fulfill this requirement. For additional information, please contact the Boating Office at 480-350-8069.

Rowers 18 years and older are eligible to participate in the following skill levels:

Beginner

Learn to Row is the starting point for new rowers. Rowers will be in bigger boats and learn at a steady pace throughout the class.

Advanced

Open Rowing and Sculling focuses on rowing for fitness and technical growth with an option of racing at local and regional regattas.

Activities for Adults (18+ Years)

Adult Learn to Row

Designed for first-time rowers, this course will introduce the basics of rowing, safety and boat-handling. Proper rowing technique and fitness development are stressed. Participants must pass a 10-minute float test and have a basic level of fitness. The first class will include a float test/safety video. First three classes are mandatory.*No Class 10/3.**No Class 11/22. 480-350-8069

46144	18 yrs+	Sa/Su	9/12-10/18*	7-9 a.m.	TTLM	\$132
46145	18 yrs+	T/Th	9/1-10/8	5:45-7:45 p.m.	TTLM	\$144
46146	18 yrs+	Sa/Su	10/24-11/29**	7-9 a.m.	TTLM	\$132

Adult Open Rowing and Sculling

This session brings experienced rowers together and is designed with athletes in mind. Sweep-rowers and scullers may try either discipline; class utilizes cross-training, video analysis and flexibility and focuses on a high-level of rowing. Prerequisite: Learn to Row or commensurate experience. *No Class 9/5,10/3.

No Class 9/6. *No Class 11/22. ****No Class 11/26. 480-350-8069

46147	18 yrs+	Sa	8/22-9/26*	6:30-8:30 a.m.	TTLM	\$117
		Sa	10/10-12/12	7-9 a.m.		
46148	18 yrs+	Su	8/23-10/4**	6:30-8:30 a.m.	TTLM	\$117
		Su	10/11-12/13***	7-9 a.m.		
46149	18 yrs+	T	8/25-12/15	5:45-7:45 p.m.	TTLM	\$135
46150	18 yrs+	Th	8/27-12/17****	5:45-7:45 p.m.	TTLM	\$126

Erg Fitness

No experience necessary. Come try one of the best workouts around. Join this class with an experienced instructor who will work with you on your technique and push you to reach new heights on your fitness progression. The workouts will be tailored to the individual. Drop-ins welcome, \$10 cash or check (payable to the City of Tempe). No Class 11/25. Fee \$84. 480-350-8069

46151	18 yrs+	W	9/2-12/16	6:30-7:30p.m.	TTLM	
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Tempe Town Lake Club Rowing

This program is designed for advanced rowers able to row (singles and doubles only) on Tempe Town Lake. Rowers will check-out equipment during Club Rowing times and train on their own. Prerequisites: Coordinator permission and a successful re-entry test on file. Club Fee: \$60/year (year round program); Rowing Fee: \$20/month. Contact the Boating Office at 480-350-8034 to register. No code 18 yrs+ T/W/Th/F8/18 5:30-7 a.m. TTLM

Tempe Town Lake Rowing League

This League is perfect for companies or groups looking for a team experience and friendly competition. Participants are coached by experienced coaches. Team must be a minimum of 10 members or a maximum of 20 members. Teams will practice Monday/Wednesday or Tuesday/Thursday. A championship regatta will be held Saturday, October 17. *No Class 9/7. 480/350-8069

No Code	18 yrs+	M/W	8/31-10/14*	5:45-7:45 p.m.	TTLM	
No Code	18 yrs+	T/Th	9/1-10/15	5:45-7:45 p.m.	TTLM	



Adult Paddling Classes

Essentials of Kayak Touring

Taught by ACA certified kayak instructors; this class will refine your kayak touring skills and is perfect for all levels of experience. Instructors focus on basic, intermediate and advanced strokes and maneuvers as well as fitness, boat-handling and rescues in "sit-in" touring kayaks. All equipment provided. No experience necessary. Register early. *No Class 9/5. 480-350-8069

46154	18 yrs+	Sa	8/29-9/26*	6:30-8:30 a.m.	TTLM	\$80
46156	18 yrs+	Th	9/3-9/24	5:30-7 p.m.	TTLM	\$70
46155	18 yrs+	Sa	10/10-10/31	6:30-8:30 a.m.	TTLM	\$80

Glow Kayak

The wildest and brightest Glow Paddle on Tempe Town Lake. Join us for a night under the stars while we glow and glide across the water. In addition to all necessary kayaking equipment, participants will receive glow in the dark accessories. Feel free to wear glow in the dark clothing items that you don't mind getting wet. Register early. Adult Fee: \$35. Youth Fee: \$20. 480-350-8069

46158	10 yrs+	F	9/11	7-9 p.m.	TTLM	
46159	10 yrs+	F	10/9	6:30-8:30 p.m.	TTLM	

Glow SUP

Join us for a night under the stars while we glow and glide across the water on a stand-up paddleboard (SUP). In addition to SUP equipment, participants will receive glow in the dark accessories. Feel free to wear glow in the dark clothing items that you don't mind getting wet. No experience necessary, however, you must have a basic level of comfort around water. Fee: \$35. 480-350-8069

46535	18 yrs+	F	9/18	7-9 p.m.	TTLM	
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Kayak; Fitness

Taught by ACA certified kayak instructors; this is a perfect class for all levels of paddling experience. This class will focus on basic strokes and maneuvers as well as fitness, boat-handling and rescues in "sit-on-top" kayaks. All necessary equipment will be provided. No experience necessary. *No Class 9/5. 480-350-8069

46174	18 yrs+	Sa	8/29-9/26*	8:30-10:30 a.m.	TTLM	\$70
46176	18 yrs+	T	9/1-9/22	5:30-7 p.m.	TTLM	\$60
46175	18 yrs+	Sa	10/10-10/31	8-10 a.m.	TTLM	\$70

Half-Day Kayaking Trip to Canyon Lake

Apply what you learned from Kayak Fitness or Essentials of Kayak Touring in this half-day trip to Canyon Lake. Space is limited and this class will fill up quickly. Your instructor will need to sign off on your skills and ability prior to the trip. All necessary boating equipment and a travel to and from the lake will be provided. 480-350-8069

46157	18 yrs+	Sa	11/14	6:30 a.m. – 1 p.m.	TTLM	\$60
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Halloween Kayak

Come on down to Tempe Town Lake for a scary adventure. All will enjoy an evening out on the water paddling as well as spine chilling stories told by a professional story teller. No experience necessary (youth ages 10-17 must be accompanied by an adult). Costumes are welcomed and encouraged Fee: \$35. Youth fee Ages 10-17 (\$20). 480-350-8069

46179	10 yrs+	F	10/30	6-8 p.m.	TTLM	
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Moonlight Kayak

Spend an enjoyable evening on Tempe Town Lake while paddling in the moonlight. No experience necessary. Bring clothes you don't mind getting wet, a towel and dry clothes. All necessary equipment will be provided. Must be 18 years or older to participate. Fee: \$30. 480-350-8069

46177	18 yrs+	F	9/25	7-9 p.m.	TTLM	
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Activities for Adults (18+ Years)

Stand-Up Paddling (SUP); Introduction

Join the fastest-growing watersport in the country on Tempe Town Lake. No experience necessary; this class will teach you the basics of Stand-up Paddling. All equipment is provided. Fee \$27. 480-350-8069

46160	18 yrs+	T	9/1	5:30-7 p.m.	TTLM
46162	18 yrs+	T	9/8	5:30-7 p.m.	TTLM
46163	18 yrs+	Sa	9/12	8-9:30 a.m.	TTLM
46164	18 yrs+	T	9/15	5:30-7 p.m.	TTLM
46165	18 yrs+	Sa	9/19	8-9:30 a.m.	TTLM
46166	18 yrs+	T	9/22	5:30-7 p.m.	TTLM
46167	18 yrs+	Sa	9/26	8-9:30 a.m.	TTLM
46168	18 yrs+	Sa	10/10	8-9:30 a.m.	TTLM
46169	18 yrs+	Sa	10/17	8-9:30 a.m.	TTLM
46170	18 yrs+	Sa	10/24	8-9:30 a.m.	TTLM
46171	18 yrs+	Sa	10/31	8-9:30 a.m.	TTLM
46172	18 yrs+	Sa	11/7	8-9:30 a.m.	TTLM

Books & Reading

27 Steps from Idea to Published

New to the idea of writing a book? Aren't sure how to get a written book out? Literary architect, author and editor Ann Videan will guide you through every step of the book creation process.

46460	18 yrs+	Sa	10/3	10-11:30 a.m.	LMRA
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Coffee, Tea and Books

Come and discuss recent novels or the occasional nonfiction title. Participants provide their own copy of the book. Responsibility for leading the discussion rotates among group members. Third Monday of the month from 6:30-8 p.m. in the Connections Café. No registration required. Fee: None. 480-350-5500

M 9/21 The Other Typist by Suzanne Rindell

M 10/19 Engagements by J. Courtney Sullivan

M 11/16 O Pioneers! by Willa Cather

Family History Series

Learn how to trace your roots and record your family history with Duane Roen, Dean of University College and College of Letters and Sciences at ASU. Duane has been tracing his roots since his teenage years, building a database with more than 32,000 ancestors. He and his wife have been recording their family history since 1978 by writing daily journal entries. Fee: None. 480-350-5500

Getting Started with Family History Research: Tips for Beginners

46461	18 yrs+	W	9/9	6:30-8 p.m.	LMRB
46462	18 yrs+	Sa	9/19	10:30 a.m.-noon	LCL

Writing about Family Members, Places, and Events

46464	18 yrs+	W	10/7	6:30-8 p.m.	LMRB
46465	18 yrs+	Sa	10/17	10:30 a.m.-noon	LCL

Writing Family History for Special Occasions

46466	18 yrs+	Sa	11/7	10:30 a.m.-noon	LMRB
46467	18 yrs+	W	11/18	6:30-8 p.m.	LMRB

Great Books Discussion Group

The Great Books Foundation promotes reading, thinking and sharing of ideas. Kathy and Don Dietz will lead discussions on the 2nd and 4th Wednesdays from 6-8 p.m. in the Connections Café. Participants provide books. They can be found in Introduction to Great Books First Series. Vol. I. and can be ordered at 800-227-5870 or www.greatbooks.org. No registration required. Fee: None. 480-350-5500

W 9/9 Chelkash by Maxine Gorky

W 9/23 How An Aristocracy May be Created by Alexis deTocqueville

W 10/14 An Outpost of Progress by Joseph Conrad

W 10/28 Observation and Experiment by Claude Bernard

Tu 11/10 Everything that Rises Must Converge by Flannery O'Connor
(Location: Meeting Room A)

W 11/25 An Essay in Aesthetics by Roger Fry

Mystery Club

Are you an avid mystery reader? If so, you are invited to meet with other fans once a month to discuss favorite mystery books or authors. Participants are required to provide their own copies of the books to be discussed. Responsibility for leading the discussion rotates around the group. First Saturday of each month from 10 a.m.-Noon in the Connections Café. No registration required. Fee: None. 480-350-5500

Sa 9/5 Cover Her Face (or another P.D. James mystery)

Sa 10/3 The Sweetness at the Bottom of the Pie by Alan Bradley

Sa 11/7 Burial Rites by Hannah Kent

Tempe Community Writing Contest

We invite submissions, beginning Jan. 2016, of: Poetry, Fiction, and Creative Nonfiction from HS/College students and adults to the 2nd Annual Tempe Community Writing Contest. It is open to Tempe residents, Tempe Library Cardholders and ASU students. Tempe Public Library/ASU employees are not eligible. www.tempe.gov/library/writingcontest for complete rules. Fee: None. 480-350-5500

Tempe Public Library Outreach Resources Center

Take advantage of the many free enriching library programs and services offered at the Outreach Resource Centers located at Escalante and North Tempe Community Centers. Check-out books from the new and always changing book collections and use the computers loaded with the same programs offered at the Tempe Public Library. Visit www.tempe.gov/libraryoutreach.

Escalante Hours:

M-F, noon-8:30 p.m.; Sa, 10 a.m.-5 p.m.; Su, 1-6 p.m.

North Tempe Hours:

M-Th, 11-9 p.m.; F, 11 a.m.-8 p.m.; Sa, 10 a.m.-5 p.m.

Times are subject to change.

Writers Connection

This informal writers group is free and open to anyone interested in the writing process. The goal of the group is to share ideas and resources. All writers and aspiring writers are welcome. No registration required. Fee: None.

480-350-5500

No Code	18 yrs+	F	9/11	2-4 p.m.	LMRB
No Code	18 yrs+	F	9/25	2-4 p.m.	LMRB
No Code	18 yrs+	F	10/9	2-4 p.m.	LMRB
No Code	18 yrs+	F	10/23	2-4 p.m.	LMRB
No Code	18 yrs+	F	11/13	2-4 p.m.	LMRB

Writers on Writing Conrad Storad – Writing Books for Children

Whether fiction, nonfiction, or anything else, aspiring writers know there is a lot to learn about the writing process. Local children's author Conrad Storad will give tips to becoming successful. Fee: None. 480-350-5500

46469	18 yrs+	Sa	9/12	10:30 a.m.-noon	LMRB
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Connecting Tempe
Newsletter!**
www.tempe.gov/enotify

Activities for Adults (18+ Years)

Business, Computers & Finance

To view computer class offerings for Adults 50+ Years, see page 47-48.

*A working knowledge of computers, the keyboard and the mouse are required for following programs. For more information call Dolores Johnson at 480-350-5814.

Basic Internet - Microsoft Office 2010

Learn basic details about the using the Internet including: how to use search engines to find specific information, how to retrieve photos from the web, how to view maps and get driving directions as well as find websites that interest you.

Fee: None. 480-350-5814

46326	18 yrs+	T	9/8-9/29	10-11 a.m.	ESCA
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Basic Word – Microsoft Office 2010

Learn how to create a letter, edit a document and create lists, tables, labels and more using Microsoft Word. Fee: None. 480-350-5814

46329	18 yrs+	W	9/9-9/30	10-11 a.m.	ESCA
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Basic Excel - Microsoft Office 2010

Learn how to prepare, edit and sort simple lists as well as save and create worksheets while using mathematical formulas using Microsfot Excel. Fee: None. 480-350-5814

46334	18 yrs+	Th	9/10-10/1	10-11 a.m.	ESCA
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Business and Financial Planning

Business and financial planning workshops are led by Jason Freiwald, Certified Financial Planner (CFP), Chartered Financial Consultant (ChFC) and Chartered Mutual Fund Counselor (CMFC). Workshops share fundamentals for savings and investing; hand-outs are included as part of the workshop fee.

Business and Finance; Comprehensive Financial Planning

Your financial future is at stake. Be prepared; review the basics of financial planning including budgeting, emergency reserves and education savings. Explore investment strategies such as mutual funds, 529 plans and annuities; discuss asset allocation while working with a financial advisor. Revisit retirement plans including 401(k)s, IRAs and Roth IRAs. Fee: \$10. 480-350-5200

46321	18 yrs+	Th	11/5	6:30-8:30 p.m.	PAC
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Exploring the Apple Apps Store

Browse and download apps to your iPad and iPhone from the App Store. The App Store has more than 1,000,000 apps and games for your iOS device. iPads will be provided for use during class. Fee: None. 480-350-5500

45913	18 yrs+	F	10/23	2-3:30 p.m.	ESCA
45999	18 yrs+	M	11/9	10-11:30 a.m.	LMRB

iPad Apps, Fun & Games

Play fun games on an iPad and learn how to manipulate the devices in the process. Learn where the camera is, what the app Shazam can do or how Siri works. Find out what apps the library has to offer. iPads will be provided for use during class. Fee: None. 480-350-5500

45915	18 yrs+	W	9/30	10-11:30 a.m.	ESCA
49361	18 yrs+	F	10/30	11-12:30 p.m.	PAC
46362	18 yrs+	T	11/17	4:30 - 6 p.m.	CSC

Introduction to iPads

In this class we will introduce you to the iPad and go over the basics. You will get to use an iPad and practice how to use one as well as learn iPad terminology. iPads will be provide for use during class. Fee: None.

480-350-5500

46413	18 yrs+	W	10/21	2-3:30 p.m.	PAC
46428	18 yrs+	T	11/10	4:30 -6 p.m.	CSC
46429	18 yrs+	F	11/13	10-11:30 a.m.	NCC

iPads for Newbies

Learn the basics of using an iPad including how to turn it on and off, basic functions, loading apps, using search engines and e-mail. Bring your own or borrow the center's iPad during class time. Fee: None. 480-350-5800

46442	18 yrs+	T/Th	10/12-10/26	10-11 a.m.	ESCA
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iPad Photo Editing

This course will teach you how to download an image or take an existing image and retouch, edit and remove elements from it using your iPad. You will learn how to change your photos for humorous or business needs or simply how to correct something in a picture. iPads will be provided for use during class.

Fee: None. 480-350-5500

46365	18 yrs+	Th	11/5-11/19	2:30-4 p.m.	NCC
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iPads & Settings

Setting are very important with any device. In this class we will go over settings and how to customize an iPad. iPads will be provided for use during class.

Fee: None. 480-350-5500

45995	18 yrs+	F	11/6	11 a.m.-12:30 p.m.	PAC
45996	18 yrs+	T	11/24	4:30-6 p.m.	CSC

Tech Fair

This fun family event will feature great prizes, robots in action, gaming sessions as well as interactive exhibits where you can learn about our digital collections which include books, magazines, music and video. There will be other activities including a game truck and a variety of food trucks with food for purchase. No registration required. Fee: None. 480-350-5500

No Code	All ages	Sa	10/24	10 a.m.-2 p.m.	Throughout Library
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Tech Time Help

Need help downloading ebooks or accessing library resources? Trying to figure out an e-reader or tablet? Schedule your 30 min. individualized session. Tech Time Help is only offered at North Tempe Multi-Generational Center during times listed. Fee: None. 480-350-5802

No Code	18+ yrs+	Th	9/3-11/19	1:30-3 p.m.	NCC
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Activities for Adults (18+ Years)

Dance, Music & Theater

Belly Dance

Learn basic movements as you develop slow and fast routines, including floor and veil work as well as playing finger cymbals. Immerse yourself in enchanting, exotic music as you explore this art form that not only makes you feel good but look good as well. It's an excellent aerobic and anaerobic workout that will help you tone your body and build strength. Fee: \$35. 480-350-5287

45762 18 yrs+ W 9/16-11/4 5:30-6:30 p.m. VIHEL

Dancing Like the Stars

This isn't your grandma's ballroom dance class. In this 10 week session, learn three ballroom styles: Social, Latin and ballroom- Waltz, Cha Cha, and Salsa. All taught in a fun relaxed setting to upbeat current music. TJ's easy to learn method will have you dancing in no time at all. Think you have two left feet? Think again, TJ will prove that anyone can dance. Fee: \$45. 480-350-5287

45818 18 yrs+ Th 9/17-11/19 6:30-7:30 p.m. VIHEL

Nuline Dance; Advanced

Familiar with Nuline Dance and know your way around the dance floor? This 10 week challenging class will help you show off and develop your own flair. Competition-level instruction will be offered in this fast-paced, high-intensity class. Dazzle everyone with the latest and greatest routines. Fee: \$45. 480-350-5287

45821 18 yrs+ T 9/15-11/17 8:30-9:15 p.m. VIHEL

Nuline Dance; Beginning/Intermediate

Studies show that dancing helps increase memory and balance, as well as improve your cardiovascular endurance. This 10 week class starts you out on the right foot as you learn choreographed routines to a wide variety of music genres; Latin to Pop, Celtic to Country and much more. A great way to learn dance that is suitable for everyone regardless of experience. Fee: \$45. 480-350-5287

45819 18 yrs+ T 9/15-11/17 6:30-7:30 p.m. VIHEL

Nuline Dance; Intermediate/Advanced

Take the next step in this 10 week class and continue your journey on the dance floor as you join other dancers and learn more patterns and advanced dance steps. The music just gets better and the fun increases. Fee: \$45. 480-350-5287

45820 18 yrs+ T 9/15-11/17 7:30-8:30 p.m. VIHEL

Salsa; Beginning/Intermediate

This class is custom tailored for your dance abilities. You will have the opportunity to work one on one with our instructors as they take you through the beginning steps to the finishing ones. If you already have the basics down, learn the subtle nuances of this beautiful and sassy dance style. Fee: \$35. 480-350-5287

46520 18 yrs+ W 9/16-11/4 7-8 p.m. VIHEL

Health & Fitness

Exercise; 20/20/20 Fitness Express – burn 400 kcal!

Complete an overall body "Core" training workout which targets the three major components of fitness: 20 minutes of cardio, 20 minutes of strength training followed by 20 minutes of flexibility/stretching. Class taught by a certified fitness trainer. All fitness levels welcome. No Class 11/24. 480-350-5200

45476 16 yrs+ T 9/8-12/8 6-6:55 p.m. Donna \$64 PAC

Exercise; Barre Fit

Barre-Fit is one of the most effective ways to change the shape of your body for a total body workout. This sculpting class blends ballet, strength training, yoga and Pilates to create long & lean muscles to reshape your body. Light weights, small ball and small towel (bring own) will be used as props. No experience necessary. No Class 11/11, 11/25. Fee: \$59. 480-350-5200

45477 16 yrs+ W 9/9-12/9 6-6:55 p.m. Donna PAC

Exercise; Booty Barre – burn 300 kcal!

An energetic workout that fuses fitness techniques from Pilates, dance, calisthenics and Yoga that will tone, define and chisel the whole body without adding bulk. Class promises to lift a sagging butt, eliminate cellulite and flatten your belly. The result is a body that looks and moves 10 years younger. Suitable for all fitness levels. Fee: \$45. 480-350-5200

45471 16 yrs+ M 9/14-10/19 5:30-6:30 p.m. PSF

45472 16 yrs+ M 11/2-12/7 5:30-6:30 p.m. PSF

Exercise; Booty Barre Flex and Flow – burn 300 kcal!

The hottest new Barre class founded by celebrity trainer Tracy Mallet. It fuses Ballet, Pilates and Yoga for deep muscle toning and strength exercises using a 9 foot long elastic band. Firm, sculpt and tone your entire body without adding bulk. Create balance, flexibility and endurance. Suitable for all fitness levels. Fee: \$45. 480-350-5200

45473 16 yrs+ Th 9/10-10/15 4:30-5:30 p.m. PSF

Exercise; Interval Blast

Get stronger, fitter and healthier with this overall body workout. Interval blast is a power workout that combines short, high intensity bursts of cardio with periods of lower intensity core and strength training intervals. Great way to ramp up your typical cardio workout and burn more calories in a short amount of time. All levels welcome. No Class 11/23. Fee: \$65 480-350-5200

45409 16 yrs+ M 9/14-12/14 7-7:50 p.m. Joan PAC

Exercise; Preserve the Curve

Core and strength exercises focus on "preserving the curve" in your spine through strength, endurance and flexibility routines. Great for anyone who has tightness in the hips, shoulders, lower back and legs. Stretches will help increase circulation and flexibility. Therabands, foam rollers, Pilates circles and light weights are used. No Class 9/24, 10/22, 11/26. Fee: \$55. 480-350-5200

45481 16 yrs+ Th 9/10-12/10 5:15-6:15 p.m. Sara PAC

Exercise; Roll, Realign and Relax

Body rolling is the perfect evening class to stretch the body, roll-out tension and relax the mind through breathing and holding poses. Reap the benefits of a deep tissue massage to help you realign and invigorate your body; great for those with muscle soreness, pain management or rehabilitation. Various props will be used. All levels welcome. No Class 11/23. Fee: \$58. 480-350-5200

45486 16 yrs+ M 9/14-12/7 6-7 p.m. Sara KRC

Exercise; Stretch and Relaxation

A total-body mat-based, stretching class with guided meditation. Stretch your body from head-to- toe using a variety of safe exercises. Increase your range of motion and flexibility, reduce back pain and improve posture. Positively transform the way your body looks, feels and performs. All levels welcome. Bring a yoga mat to class. No Class 11/11, 11/25. Fee: \$55. 480-350-5200

45444 16 yrs+ W 9/16-12/9 7:15-8:15 p.m. Diane KRC

Exercise; Stroller Fit

Stroller Fit is a stroller-based fitness program designed for moms with little ones. Each 60 minute, total body workout incorporates power walking, stretching, and body toning while enjoying the outdoors. Walk to fitness, weight loss and a healthy lifestyle. Class taught by certified personal trainer. No Class 11/26. Fee: \$39. 480-350-5200

45380 16 yrs+ Th 10/8-12/3 9:15-10:15 a.m. KRC

Activities for Adults (18+ Years)

Exercise; Walk in the Park – burn 200 kcal!

Let's get walking. Join us for one hour of walking, stretching, strengthening and body toning using only the park, our own bodies and gravity. All levels welcome; modify to meet your level of ability. Walk to fitness, weight loss and a healthy lifestyle. Class taught by a certified personal fitness trainer. Fee: \$39. 480-350-5200

45378 16 yrs+ T 10/6-11/24 9:15-10:15 a.m. KRC Entrance

Health; Pfilates – Pelvic Floor Pilates

Learn the 10 simple movements developed by Dr. Bruce Crawford to strengthen all of the muscles of the pelvic floor in order to eliminate urinary incontinence and pelvic organ prolapse. Put an end to embarrassing and difficult situations. Instructor certified; confidential environment. Fee: \$35. 480-350-5200

45474 16 yrs+ T 9/8-10/13 6:30-7 p.m. PSF

45475 16 yrs+ T 10/20-11/24 6:30-7 p.m. PSF

Functional Fitness Bootcamp

This class will incorporate conditioning, endurance, strength, coordination, balance, agility and flexibility. Results will be earned, not guaranteed.

*No Class 11/26. Fee: \$8. 480-350-5800

46256 18 yrs+ T/Th 9/8-10/1 6:30-7:30 p.m. ESCA

46257 18 yrs+ T/Th 10/13-11/5 6:30-7:30 p.m. ESCA

46258 18 yrs+ T/Th 11/17-12/15* 6:30-7:30 p.m. ESCA

Is Fido bored?

Take him to a Tempe Dog Park.

Papago Park

Curry Rd. & College Ave.

Creamery Park

8th St. & Una Ave.

Jaycee Park

5th St. & Hardy Dr.

Mitchell Park

9th St. & Mitchell Dr.

Tempe Sports Complex

Carver Rd. & Hardy Dr.

To view information about Basic Dog Obedience classes, see the Activities for Adults (18+ Years) Special Interest classes.

Holistic Health and Wellness Workshops

Holistic wellness is a comprehensive approach to nutrition & health that considers all aspects of a person's life. These workshops address a wide-array of subjects from ultimate relaxation to a healthier you. Join Holistic Health & Wellness certified coaches Parul Agrawal, Marci Cagen and Veronica Clark as they lead you on your journey towards holistic health & wellness. 480-350-5200

Angels 101

In this enlightening, entertaining and experiential workshop, Marci Cagen leads you on a journey of self-discovery and healing. Learn how to find peace, happiness and unconditional love as you develop your own intuitive gifts and discover the guidance and help that is all around you. www.MarciCagen.com. Fee: \$15.

46298 18 yrs+ Th 12/3 6-8 p.m. PAC

Aromatherapy 101

Harness the renowned psychological, emotional and physical benefits of Aromatherapy as you train to use essential plant oils. Learn historical and modern-day uses of this ancient, alternative therapy, and the differences between true and synthetic oils. Materials Fee: \$5; due to the instructor.

46291 18 yrs+ W 9/16 6-8 p.m. PAC

Ayurveda; The Sister Science of Yoga

Celebrate your natural radiance and reclaim your health with the application of Ayurveda, the oldest known system of healing and sister science of Yoga. Find emotional and mental balance through diet and daily activities. Learn how to fend against physical and mental burnout, and tap into optimal vitality to become the most powerful version of you! www.healthynutaz.com. Fee: \$39.

46304 15 yrs+ W 11/18 Ayurveda 6-8 p.m. CSC

15 yrs+ W 11/25 Vata 6-8 p.m. CSC

15 yrs+ W 12/2 Pitta 6-8 p.m. VIHIL

15 yrs+ W 12/9 Kapha 6-8 p.m. CSC

Chakra Health

Discover the seven main energy centers in the body. Learn their emotional and physical connection, and the colors associated with each one. Class includes a chakra-balancing meditation. Dress comfortably and bring a Yoga mat or blanket. www.MarciCagen.com. Fee: \$15.

46294 18 yrs+ Th 10/1 6-8 p.m. PAC

Essentials for Family Wellness; Aromatherapy

Family health and well-being is a priority. Using simple tips from coach Marci Cagen, learn how to create an atmosphere where good habits, health and vitality will be yours for years to come. Take-home, immune-boosting, aromatherapy blend included. Materials Fee: \$5; due to the instructor. www.MarciCagen.com. Fee: \$15.

46293 18 yrs+ W 9/30 6-8 p.m. PAC

New! Essentials for the Holiday Season; Aromatherapy

Learn how to evoke a spirit of seasonal cheer and goodwill! Defeat holiday stress in this fun and informational Aromatherapy class. A \$5 Supply Fee is due to the instructor on the first day of class. www.MarciCagen.com. Fee: \$15.

46296 18 yrs+ Th 11/5 6-8 p.m. PAC

Register for Classes Online!

www.tempe.gov/brochure

Make a Difference - Volunteer!

www.tempe.gov/volunteer

Activities for Adults (18+ Years)

Essentials for the Holiday Season; Gratitude Meditation with Aromatherapy

Nourish yourself during the holiday season with this special class designed to relieve tension and create inner peace. Class includes Gratitude Meditation with an aromatherapy blend to induce relaxation and ease stress. Please dress comfortably and bring a blanket or Yoga mat. Materials Fee: \$5; due to the instructor. www.MarciCagen.com. Fee: \$15.

46297 18 yrs+ Th 11/19 6-7:30 p.m. PAC

Heal Yourself with Green Juices & Smoothies!

Discover the power of green juices & smoothies to improve health, energy and mood. Unravel the mysteries of super drinks, a treat for your taste buds and nutritional gift to your body. Learn how to fit super drinks into your lifestyle. Includes take-home notes, recipes and juice samples. Materials Fee: \$3; due to instructor. www.prenatalnourish.com. Fee: \$15.

46303 All Ages M 9/21 1-3 p.m. PAC

New Intro to Herbal Healing

Explore the benefits of herb use. Enhance your well-being and daily wellness with Herbology, the art and science of herbal preparation. Identify basic classifications and common herbs used for medicinal purposes.

Materials Fee: \$5; due to the instructor. www.MarciCagen.com. Fee: \$15.

46292 18 yrs+ W 9/23 6-8 p.m. PAC

Managing Stress through Mindfulness and Meditation

Manage daily life stressors, pain and mild depression with meditation and mantras. Combat the negative effects that stress has on you physically, emotionally, mentally and spiritually by applying fun and insightful mindful activities. Offer stress-saving techniques to family and friends. Dress comfortably and bring a Yoga mat or blanket. www.healthynutaz.com. Fee: \$54.

46302 18 yrs+ W 9/9-10/14 6-8 p.m. WCC/PAC

Relax & Recharge; Visualization with Aromatherapy

Relax & release stress, nurture the spirit & renew your understanding of self-care. Enjoy an aromatherapy blend; calm the body & mind while allowing the nervous system to come back into balance. Receive a guided meditation to lift worry, fear & stress. Dress comfortably & bring a blanket or Yoga mat. Materials Fee: \$5; due to instructor. www.MarciCagen.com. Fee: \$15.

46295 18 yrs+ Th 10/8 6-7:30 p.m. PAC

Vegetarian/Vegan 101

Explore plant-based nutritional lifestyles and the benefits of whole foods. Be healthy with seasonal organic ingredients, whole grains, beans, vegetables, fruits, sea vegetables, tofu & tempeh. Create a process-free pasta in class & taste the delicious results. Includes take-home notes and recipes.

Materials Fee: \$3; due to instructor. www.prenatalnourish.com. Fee: \$15.

46305 All Ages M 10/19 1-3 p.m. PAC

Introduction to Personal Fitness

Create a personalized fitness plan at the Kiwanis Fitness Center. Enjoy 6 sessions with a certified fitness professional in a small group setting. Receive hands on instruction to help you properly utilize each piece of equipment for maximum mileage toward your goals. Fee: \$34. 480-350-5200

46457 16 yrs+ T/Th 9/8-9/24 9-10 a.m. KRC

46458 16 yrs+ T/Th 10/13-10/29 9-10 a.m. KRC

46459 16 yrs+ T/Th 11/3-11/19 9-10 a.m. KRC

Martial Arts; Aikido

Aikido is a defensive martial art based on blending-in with energy and moving from your center. Aikido helps develop discipline and self-control, while teaching valuable self-defense skills. In addition, learn the basics of tumbling, escapes and various techniques with a focus on awareness and self-defense.* No Class 11/14, 11/28. Fee: Youth/\$29; Adult/\$39. 480-350-5200

45364 7 yrs+ Sa 9/12-10/3 9-11 a.m. VIHEL

45365 7 yrs+ Sa 10/10-10/31 9-11 a.m. VIHEL

45366 7 yrs+ Sa 11/7-11/21* 9-11 a.m. VIHEL

45367 7 yrs+ Sa 12/5-12/19 9-11 a.m. VIHEL

Martial Arts; Goju Shorei Self Defense with Cane

Learn how to use a wooden cane as a legal and practical self-defense weapon. Students will learn basic strikes, blocks and footwork. Prior martial art experience is recommended but not mandatory. Students required to purchase a cane (\$35) and wear uniform (\$20); both available for purchase from instructor. No Class 11/28. Fee: \$65. 480-350-5200

45422 16 yrs+ Sa 9/12-12/12 9:20-10:20 a.m. CRC

Martial Arts; Jujutsu

Learn traditional self-defense techniques such as joint locks, throws, chokes, strikes, blocks, ground fighting, pins and pressure point attacks as practiced by the Doshin (Samurai policeman). Ongoing classes taught by licensed instructors of the Otake Han Doshin Ryu system of Jujutsu. All levels welcome; no prior martial arts training required.*No Class 9/22, 9/24. 480-350-5200

45360 16 yrs+ T/Th 9/1-9/29* 7:45-9 p.m. CRC \$38

45361 16 yrs+ T/Th 10/1-10/29 7:45-9 p.m. CRC \$50

45362 16 yrs+ T/Th 11/3-11/24 7:45-9 p.m. CRC \$50

45363 16 yrs+ T/Th 12/1-12/10 7:45-9 p.m. CRC \$25

Martial Arts; Karate

Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with a light warm-up and stretch, followed by basic kick-punch-block drills. Self-defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing is recommended. Instructor: Aseem.*No Class 11/26. **No Class 11/28. Fee: \$65. 480-350-5200

45424 12 yrs+ Th 9/10-12/10* 7:05-8:30 p.m. NCC

45423 12 yrs+ Sa 9/12-12/12** 10:35 a.m.-noon CRC

Martial Arts; Karate Lim Kenpo

Strengthen the importance of family values in this results-oriented Karate class designed for the whole family. Students will learn self-defense, respect and manners; increased self-confidence and focus. Ongoing, monthly program. Uniform fee \$55 (includes Lim's 3 patches). For more info; contact Patrice Lim at 602-525-8472, or at www.limkenpo.net. *No Class 11/11. 480-350-5200

45347 13 yrs+ T/Th 9/1-9/29 6-7:30 p.m. KRC \$50

45348 13 yrs+ T/Th 10/1-10/29 6-7:30 p.m. KRC \$50

45349 13 yrs+ T/Th 11/3-11/24 6-7:30 p.m. KRC \$50

45356 13 yrs+ T/Th 12/1-12/10 6-7:30 p.m. KRC \$25

45350 13 yrs+ W/F 9/2-9/30 6:30-7:30 p.m. CRC \$50

45351 13 yrs+ W/F 10/2-10/30 6:30-7:30 p.m. CRC \$50

45352 13 yrs+ W/F 11/4-11/25* 6:30-7:30 p.m. CRC \$50

45357 13 yrs+ W/F 12/2-12/11 6:30-7:30 p.m. CRC \$25

Martial Arts; Level I

Class focuses on basic self-defense principles of Karate (empty-handed fighting) and Aikijujutsu (joint locks, throws and grappling). Importance of non-violence, courtesy, respect, and discipline are emphasized. Class taught by Sensei John Rich. *No Class 10/24. Fee: \$29. 480-350-5200

45435 6 yrs+ Sa 9/12-10/10 10:30-11:30 a.m. PAC

45436 6 yrs+ Sa 10/17-11/21* 10:30-11:30 a.m. PAC

Activities for Adults (18+ Years)

Martial Arts; Level II

Prerequisite: Prior approval from instructor. Class focuses on basic self-defense principles of Karate (empty-handed fighting) and Aikijujutsu (joint locks, throws and grappling). Importance of non-violence, courtesy, respect and discipline are emphasized. Class taught by Sensei John Rich. *No Class 10/24. Fee: \$29. 480-350-5200

45437	6 yrs+	Sa	9/12-10/10	11:45 a.m.-12:45 p.m.	PAC
45438	6 yrs+	Sa	10/17-11/21*	11:45 a.m.-12:45 p.m.	PAC

Martial Arts; Tai Chi – Beginning & Level I

Tai Chi has been likened to moving meditation. Experience relaxation and rejuvenation as you exercise in slow, gentle movements. This introductory class in the Guang Ping Yang style of Tai Chi will help you gain balance and flexibility, while improving breathing and posture. No Class 10/31, 11/28. Fee: \$55. 480-350-5200

45421	16 yrs+	Sa	9/12-12/12	8-9 a.m.	CRC
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Martial Arts; Wing Chun Self-Defense

Learn the ancient Chinese martial art of Wing Chun that emphasizes the principals of physics and natural body mechanics to defend against close-range attacks by larger or stronger opponents. Students will learn Chi-Sau to develop power, positioning, and hand techniques to defeat attackers using their size and strength. Instructor: Norm. Fee: \$35. 480-350-5200

45358	16 yrs+	Su	9/13-10/25	9-10:30 a.m.	CRC
45359	16 yrs+	Su	11/1-12/13	9-10:30 a.m.	CRC

Mind & Body; Candlelight Meditation

Allow yourself to go on a relaxing journey and quiet the mind as you experience different forms of meditation in a safe and welcoming environment. Class is done to relaxing and meditative music by candlelight; be prepared to unwind. Participants must bring own mat. www.eighthlimb.com. No Class 11/23. 480-350-5200

45483	16 yrs+	M	9/14-10/26	8-8:45 p.m.	PAC	\$35
45484	16 yrs+	M	11/2-12/14*	8-8:45 p.m.	PAC	\$30

Yoga; Pilates; Intro

Pilates is a system of controlled exercises that engage the mind and condition the total body. Start with the fundamentals of the mat work and learn the basic series of exercises upon which the entire Pilates method is built. Learn proper posture, breathing and technique. Fee: \$75. 480-350-5200.

45440	16 yrs+	M	9/14-12/14	5:30-6:30 p.m.	KRC
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Pilates & Stretch

Join us for this multi-level class that combines Pilates exercises with effective stretching techniques to increase strength and flexibility for your entire body. Major areas of focus are the core, stability work, coordination, breathing and relaxation. No experience necessary. All levels welcome. Instructor: Pippa. Fee: \$75. 480-350-5200

45441	16 yrs+	M	9/14-12/14	6:30-7:30 p.m.	KRC
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Yoga; Healthy Backs

Healthy Backs Yoga is a therapeutic class designed for participants with chronic neck and back pain. Focus on balancing strength and flexibility in the upper back, shoulder blades, neck and lower back. Practice is slow, gentle and suited for all skill levels. No experience necessary. Participants must bring yoga mat. *No Class 11/11,11/25. **No Class 11/28. Fee: \$59. 480-350-5200

45479	16 yrs+	W	9/9-12/9*	7:05-8:20 p.m.	Tammy	PAC
45428	16 yrs+	Sa	9/12-12/5**	9-10:30 a.m.	Kate	KRC



Yoga; Joy of Stretch

Yoga-based stretch class with guided meditation. An hour of movement that will leave you feeling relaxed and energized. Increase your range of motion, improve posture and ability to perform and enjoy activities of daily living. All levels welcome. www.eighthlimb.com. No Class 11/24. Fee: \$64. 480-350-5200

45478	16 yrs+	T	9/8-12/8	7:05-8:20 p.m.		PAC
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Yoga; Level 1 & 2

Prerequisite: Intro to Yoga recommended, but not required. Elevate your body and mind connection as you refine and build-upon the basic postures from Hatha Yoga. This class will assist you with learning the skills you need to take your yoga practice to a deeper level. Participants must bring yoga mat. Fee: \$75. 480-350-5200

45433	16 yrs+	T	9/15-12/15	7:30-8:45 p.m.	MUS
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Yoga; Nidra

Yoga Nidra induces complete physical, mental and emotional relaxation. Practice consists of breathing exercises and guided meditation while reclining in a restorative position. Release 3 kinds of tension-muscular, emotional and mental. Experience meditative state said to be 5 times more restorative than sleep. No class 10/22, 11/26. www.eighthlimb.com Fee: \$59. 480-350-5200

45485	16 yrs+	Th	9/10-12/10	7:45-8:45 p.m.		PAC
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Yoga; Restorative with Guided Meditation

Restorative Yoga is a soothing, gentle class where both restorative and yin poses are utilized to remove deep-seated tension. Class culminates in the profound meditative experience of yoga nidra; a method of restful and effortless guided relaxation. Participants will leave class feeling calm and refreshed. Participants must bring Yoga mat. Instructor: Caroline. Fee: \$75. 480-350-5200

45430	16 yrs+	M	9/14-12/14	7:30-8:45 p.m.	MUS
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Yoga; Slow Flow

This all-levels flow practice mindfully builds strength & flexibility, improves posture and concentration. Breath, mindful movement and posture alignment are integrated. Move in and out of poses in a slow, breath-centric rhythm, using focused transitions. Get an all body workout at a slow flow pace. Bring your own yoga mat. Fee: \$75. 480-350-5200

46516	16yrs+	M	9/14-12/14	6-7:30 p.m.	Caroline	MUS
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Yoga; Slow & Gentle Flow

Perfect for beginners and those wanting a slow, meditative and gentle yoga class. Increase flexibility, joint mobility and agility. Incorporate breathing exercises along with visualization techniques for stress reduction. Poses are modified and may be done with props. Participants must bring yoga mat. Fee: \$72. 480-350-5200

45439	16 yrs+	M	9/14-12/14	10:30-noon	Linda	KRC
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Activities for Adults (18+ Years)

Yoga; Therapeutic

Learn to move with grace and ease while using basic breathing exercises and simple yoga poses to help relax your head, neck, shoulders and back. This class will flow at a slower pace and students of all experiences and backgrounds are welcome to attend. Participants must bring own yoga mat. *No Class 11/11, 11/25. **No Class 11/23. Fee: \$65. 480-350-5200

45413	16 yrs+	W	9/9-12/16*	6:15-7:15 p.m.	Kim	NCC
45414	16 yrs+	M	9/14-12/14**	4:45-5:50 p.m.	Kim	PAC

Yoga; Tone and Core

A perfect way to refine your body from the inside-out. Emphasis will be on strengthening the body from the deep center by using a variety of yoga postures as a guide. Target and challenge the muscles of the back, abdominals, hips and glutes. Participants must bring own yoga mat. Fee: \$75. 480-350-5200

45431	16 yrs+	T	9/15-12/15	6-7:30 p.m.	Caroline	MUS
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Yoga; Yin and Meditation

Yin Yoga is a soothing and relaxing form of yoga which allows participants to move deeply into various postures and hold the poses for a longer period of time. End with 20 minutes of Nidra meditation. Students will be coached on how to meditate properly and comfortably. Participants must bring yoga mat. www.eighthlimb.com. No Class 11/27. Fee: \$65 480-350-5200

45482	16 yrs+	F	9/11-12/11	5:45-7 p.m.	Tammy	KRC
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Yoga; with Weights

The perfect combination of flexibility and strength training. Class combines yoga and strength exercises utilizing handheld and light ankle weights to strengthen the core of the body; area between the shoulders and knees. Perfect for those experiencing tightness in hips, shoulders, lower back and legs. All levels welcome. Class ends with a brief relaxation. Fee: \$65 480-350-5200

45706	18 yrs+	T	9/15-12/8	6:15-7:15 p.m.		NCC
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Yogilates

Yogilates combines Yoga and Pilates practices; offering the best of both worlds. Exercises will cultivate proper breath use, strength, stamina, stability and flexibility while also emphasizing the deep muscles of the core. No experience necessary. Class taught by certified Yoga/Pilates instructor. Bring own mat. No Class 11/11, 11/25. Fee: \$59. 480-350-5200

45420	16 yrs+	W	9/16-12/9	6-7 p.m.		PAC
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Drop-In Fitness Classes

Are you too busy to make a four to 12-week fitness commitment? How about fitness when you want it? Introducing a convenient payment method: Pay-As-You-Go classes!

Now you have the choice to make a commitment to register for a full session of classes, or commit to participate only when you have the time. If you choose to Pay-As-You-Go, please arrive 10 minutes early to register for your class. You will need to show your receipt to the instructor in order to validate payment of class.

Exercise; Building Better Bones with Pippa Frame

Stop bone loss and restore bone mass. Pilates-based exercises to strengthen muscles, increase flexibility and improve balance. Focus on reversal of bone loss, injury prevention and functional fitness to help avoid falls, alleviate pain and maintain independence. Pay-As-You-Go for \$7 per class. No Class 11/11. Fee: \$75 480-350-5200

45442	16 yrs+	W	9/9-12/16	9:30-10:30 a.m.		KRC
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Exercise; Zumba Fitness Express – burn 300 kcal!

Zumba is a high-energy cardio workout that incorporates unique moves with sizzling Latin dance music. Zumba maximizes caloric output with fat-burning movements and easy-to-follow dance steps. All levels welcome. Pay-As-You-Go for \$4 per class. *No Class 11/23. **No Class 10/22, 11/26. ***No Class 10/24, 11/28. 480-350-5200

45416	16 yrs+	M	9/14-12/14*	6-6:50 p.m.	\$52	PAC
45417	16 yrs+	Th	9/10-12/10**	6:30-7:30 p.m.	\$48	PAC
45418	16 yrs+	Sa	9/12-12/12***	9:15-10:15 a.m.	\$48	PAC

Special Interest



Basic Beading

What's the secret to beading? It's easier than you think. Learn the basics of beading; debunk the mysteries of the bead aisles. Learn how to choose beads, tools and proper stringing material for your designs. Explore pattern layout, crimping technique and use of crimp covers. For a list of materials, visit: www.tempe.gov/classmaterials. Instructor: Kathleen. Fee: \$25. 480-350-5200

46306	15 yrs+	M	10/19-10/26	6-8:30 p.m.		PAC
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Chinese Conversation and Culture

This mixed level Chinese conversation group is open to anyone with or without a prior knowledge of Chinese. Each session will focus on a conversational topic and will involve vocabulary, grammar and conversation. You are welcome to bring your questions about Chinese food, Chinese culture, traveling in China or doing business in China. No registration required. Fee: None. 480-350-5500

No Code	13 yrs+	T	9/15	6:30-7:30 p.m.		LMRB
No Code	13 yrs+	T	9/29	6:30-7:30 p.m.		LMRB
No Code	13 yrs+	T	10/6	6:30-7:30 p.m.		LMRB
No Code	13 yrs+	T	10/20	6:30-7:30 p.m.		LMRB
No Code	13 yrs+	T	11/3	6:30-7:30 p.m.		LMRB
No Code	13 yrs+	T	11/17	6:30-7:30 p.m.		LMRB
No Code	13 yrs+	T	12/1	6:30-7:30 p.m.		LMRB

**Keep a Good Class Going
Register Early!**



Activities for Adults (18+ Years)



Cooking Classes; Chef JoAnne Groot

Chef JoAnne Groot, a graduate of Scottsdale's LeCordon Bleu, operates her own catering business, JoAnne's Kitchen. For an enjoyable, relaxing evening, register for one or all of the classes below. Sample every dish; all recipes are included as part of the class fee. A \$3 supply fee is due to Chef JoAnne at the beginning of each class. Fee: \$25 per class. 480-350-5200

Cooking Demonstration; Meatless Monday

Meatless doesn't mean tasteless. You can have a hearty and satisfying meal without the meat. It's easy to start the week off right with these healthy and savory dishes. Menu includes a tasty tofu and spinach scramble; Broccoli-Walnut Pesto with Pasta, a flavorful Two Bean Chili and Mini Veggie Burger Pitas. Fee: \$25.

46307 15 yrs+ W 9/9 6-8 p.m. CSC

Cooking Demonstration; Spanish Tapas

You don't need a plane to take a tour of Spain; let your taste buds be your guide. Tapas, or small appetizers, are the perfect introduction to the flavors of Spanish cuisine. Menu includes a refreshing Citrus Salad with Saffron Dressing, traditional Gazpacho; Garlic Shrimp and Catalan Toasts. Fee: \$25.

46308 15 yrs+ W 9/23 6-8 p.m. CSC

Cooking Instruction; French Macarons

Oh la la! Indulge in the finer things of life with a taste of Paris. Learn how to create French Macarons; little brightly colored cookies that taste as good as they look. Menu includes decadent Chocolate Macarons with an Orange Ganache and Vanilla Macarons with a tangy Raspberry filling. Fee: \$25.

46309 15 yrs+ W 9/30 6-8 p.m. THS

Cooking Demonstration; Classics Made Easy

Cooking culinary classics is easier than you think. Bring a touch of elegance to your dinner table with these simple and delectable recipes. Menu includes flavorful Beef Wellington; Chicken Cordon Bleu and a scrumptious Chocolate Soufflé. Fee: \$25.

46310 15 yrs+ W 10/21 6-8 p.m. CSC

Cooking Instruction; Quick Breads

Who doesn't love bread? But the thought of making it from scratch can be daunting. Not with these satisfying quick bread recipes. Menu includes a savory Triple Corn Quick Bread; a flavorful Lemon Blueberry Quick Bread and a Banana Walnut Quick Bread sure to have people thinking you spent hours in the kitchen baking. Fee: \$25.

46312 15 yrs+ W 11/4 6-8 p.m. THS

Cooking Demonstration; All About Seafood

There are plenty of fish in the sea, and that means that the culinary possibilities are endless! Enjoy the best the ocean has to offer with these fresh seafood recipes. Menu includes a delectable Baked Shrimp Scampi and Spicy Linguine with Clams and Mussels. Participants will also learn how to properly cook a lobster. It doesn't get better than that. Fee: \$25.

46317 15 yrs+ W 11/18 6-8 p.m. CSC

ESL Table Talk

Do you want to improve your English? We meet once a week to learn and improve common vocabulary, phrasing and discuss American culture. Basic English reading, writing, and speaking skills are required. Fee: None. 480-350-5500

45998 18 yrs+ M 9/14-11/23 2-3:30 p.m. LMRB



Gardening with Master Gardener Doreen Pollack

Master Gardener Doreen Pollack is a Permaculture Designer who specializes in educating fellow horticulturists on how to reduce the use and dependency of outside resources in landscape. Her low-water and low-human energy use designs are both creative and natural. Whether you are thinking about starting your first garden, or you've been gardening for years, these classes are for you! Join Doreen for all or part of the interactive workshops below. Fee: \$15 per workshop. 480-350-5200

Composting 101

Composting can be extraordinarily beneficial if you know where to start. Turn your organic waste into gardening gold! Learn simple ways to compost using everyday food scraps. Workshop topics include compost basics such as how to build a bin, compostable material, storage location and how to create rich garden soil. Fee: \$15.

46299 15 yrs+ T 9/22 6-7:30 p.m. PAC

Holiday Gifts from the Garden

Make the holidays even sweeter with one-of-a-kind garden gifts for those special people in your life. These festive gifts are sure to impress. This class will cover how to use flowers and herbs in a holiday wreath or bouquet and how to make herbed cheeses, fragrant vinegars and sweets using herbs like rosemary and lavender right from your garden. Fee: \$15.

46301 15 yrs+ Th 10/22 6-7:30 p.m. WCC

Winter Vegetable Gardens

Reap the delicious rewards of a winter garden including tomatoes and lots of salad and braising greens. Learn how to build and prepare a garden bed and what to plant for the cold season. Class will cover how to protect the plants when a winter frost hits how much to water and when you can expect to be eating what you planted! Fee: \$15.

46300 15 yrs+ T 11/10 6-7:30 p.m. WCC

Italian; Trip to Italy

Join us as we explore Italian language & culture. Immerse yourself in conversational Italian; class is helpful for communicating in restaurants, shops, hotels & life. Discover art, history & places to visit in Italy. Special focus on cuisine & authentic recipes to try at home. All levels welcome. Instructor is a native speaker from Bologna. No Class 10/12. Fee: \$45. 480-350-5200

46356 18 yrs+ M 9/14-11/9 6-7:30 p.m. PAC

Pets; Basic Dog Obedience (6 mos+)

Teach your dog to sit, stay, lay down, come when called, walk on a leash and more! Socialize, learn pack leadership skills and play structured games with prizes. No dogs week one; first class includes paperwork, vaccination verification and Q and As. Training by Perfect Pooch, www.perfectpoochaz.com. Instructor Fee: \$80; due at first class. Registration Fee: \$25. 480-350-5200

46499 16 yrs+ Sa 9/19-10/24 7:30-8:30 p.m. TSC

46500 16 yrs+ M 10/26-11/30 7:30-8:30 p.m. PDP

Pets; Puppy Obedience (12 wks - 6 mos)

Teach your puppy to sit, stay, lay down, come when called, walk on a leash and more. Socialize, learn pack leadership skills and play structured games with prizes. No puppies week one; first class includes paperwork, vaccination verification and Q and As. Training by Perfect Pooch, www.perfectpoochaz.com. Instructor Fee: \$80; due at first class. Registration Fee: \$25. 480-350-5200

46503 16 yrs+ T 11/17-12/22 7:30-8:30 p.m. TSC

Activities for Adults (18+ Years)

Pets; Save-A-Pet

Taught by local veterinarians, this class covers areas such as first aid for pet injuries, poisoning and CPR. Pet care tips and health information are also included, as well as hands-on CPR training with the Resuscidog. And informative booklet will be included. Fee: \$15. 480-350-5200

46344	15 yrs+	T	10/20	6:30-8:30 p.m.	UNIV
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Photography; DSLR Basics

Review camera operation and settings, memory cards, care and cleaning. Learn about types of photography, shutter speed, exposure, composition, lighting, focal point and depth of field. Classes will conclude with a student photo-sharing opportunity; bring DSLR camera and manual to class. Taught by David Miller, professional photographer. No Class 10/22. Fee: \$45. 480-350-5200

46254	15 yrs+	Th	10/1-11/5	6-8 p.m.	PAC
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A Sewing machine is required for all of the Sewing classes listed below. All students must bring the appropriate materials to the first class. To view a complete list of class materials, as well as a list of supply vendors, visit www.tempe.gov/classmaterials.

Sewing; Sewing 101 - Beginner

Learn to hand-sew and use your sewing machine. You will be introduced to three basic hand-sewing stitches and machine techniques while creating custom projects. Bring basic sewing supplies and a sewing machine. Taught by a professional seamstress & evening wear designer. Instructor: Kathleen. For a list of class materials, visit www.tempe.gov/classmaterials. Fee: \$45. 480-350-5200

46323	15 yrs+	M	9/14-10/12	6-8:30 p.m.	PAC
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Sewing; Sewing 102 - Intermediate

Enhance your skills; sew from a pattern. Sewing from a pattern will provide you with many options for creating garments, costumes, soft furnishings, toys and other items. Learn about sizing, alterations, seams, grain lines, button markings and more. Bring a pattern, tracing wheel and paper to class. Instructor: Kathleen. No Class 11/23. Fee: \$45. 480-350-5200

46325	15 yrs+	M	11/2-12/7	6-8:30 p.m.	PAC
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Sewing; Alterations

Instruction includes tapering and hemming. Bring basic sewing supplies, sewing machine, and a pair of pants that fit in length to use as a baseline to hem your pants. Class is taught by a professional seamstress and evening wear designer. Instructor: Kathleen. For a list of class materials, visit www.tempe.gov/classmaterials. Fee: \$45. 480-350-5200

46327	15 yrs+	W	9/16-10/14	6-8:30 p.m.	PAC
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Sewing; Costume Design Studio

From Avengers to X-Men & Doctor Who, costume possibilities are limitless. Bring your favorite characters to life; create a fandom masterpiece that'll have people doing a double-take. Classes led by professional seamstress. Bring a sewing machine, pattern, fabric & embellishments to class. Show your design on January 23 at our Library Comicon! Fee: \$10 per class. 480-350-5200

46452	8 yrs+	Sa	10/31	9:30-11:30 a.m.	PAC
46453	8 yrs+	Sa	11/7	9:30-11:30 a.m.	PAC
46454	8 yrs+	Sa	11/14	9:30-11:30 a.m.	PAC
46455	8 yrs+	Sa	11/21	9:30-11:30 a.m.	PAC
46456	8 yrs+	Sa	12/5	9:30-11:30 a.m.	PAC

Sewing; Mommy & Me

Please see page 17 for a complete description and class times.

Sewing; Open Studio

A self-paced class for those who are looking to complete an existing project or may need guidance beginning a new project. Studio class is open to all sewing students with a working knowledge of basic skills and techniques. An experienced instructor will be available to help with your projects; bring your patterns and materials to class. Instructor: Kathleen. Fee: \$39. 480-350-5200

46332	15 yrs+	Sa	9/26-10/3	9 a.m.-noon	PAC
46333	15 yrs+	Sa	12/12-12/19	noon-3 p.m.	PAC

Sewing; Upcycled Fashions Workshops

Go from drab to fab! Transform your clothing cast-offs into something truly unique. These creative workshops will teach you how to upcycle clothing and other materials into fashion-forward, sustainable designs. Instructor: Kathleen. For a list of materials, visit: www.tempe.gov/classmaterials. Fee: \$18 per workshop. Parent/Child teams are welcome to attend. 480-350-5200

Shirt Dresses

Transform your old t-shirts and oxfords into cute, one-of-a-kind dresses. These comfy designs are perfect for little girls who love to twist and twirl in style.

46335	8 yrs+	Sa	9/12	9:30 a.m.-noon	PAC
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Zipper Flowers

We've all dealt with broken zippers before. With a few simple stitches, repurpose zippers and watch as they become wearable fashion statements.

46336	8 yrs+	Sa	9/19	9:30 a.m.-noon	PAC
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Tote Bags

You can never have too many bags. Upcycle your favorite old fabrics into functional fashion that will turn heads and leave your friends wondering, "Where did you buy that amazing bag?"

46337	8 yrs+	Sa	10/10	9:30 a.m.-noon	PAC
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Infinity Scarves

Add a touch of pizzazz to any outfit; treat yourself to a new scarf by taking fabric that you already have and transforming it into a chic and practical look. Infinity Scarves are perfect for holiday gift-giving.

46338	8 yrs+	Sa	10/17	9:30 a.m.-noon	PAC
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Sewing; Upcycled Quilting

Whether you are looking to create one-of-a-kind décor or an heirloom piece for your family, learn how to take old clothing and fabric and showcase it in a personalized quilt. Explore layouts and use your imagination to design quilt squares full of color and texture. Instructor: Kathleen. For a list of materials, visit www.tempe.gov/classmaterials. No Class 11/25. Fee: \$45. 480-350-5200

46339	15 yrs+	W	10/21-12/2	6-8:30 p.m.	PAC
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All Spanish students must bring the appropriate required book to the first class. To view a complete list of class materials, as well as a list of supply vendors, visit www.tempe.gov/classmaterials.

NEW! Passport to Spanish

iBienvenido! Join us for a casual, interactive introduction to Spanish. Learn the basics of reading, speaking and writing in Spanish. Prepare for travels as you build your vocabulary through pronunciation, reading and elements of a sentence. Required Book: "Easy Spanish Step-By-Step," by Barbara Bregstein. ISBN-13: 978-0071463386. No class 11/11. Fee: \$45. 480-350-5200
46357 15 yrs+ W 9/23-11/18 5:15-6:30 p.m. LMRB

NEW! Conversational Spanish

Challenge yourself to build-upon the fundamentals learned in Passport to Spanish with in-depth, every day, informal conversation. Move beyond the basics to explore verb conjugation and tenses, vocabulary, and improve your reading and speaking skills. Required Book: "Advanced Spanish Step-By-Step," by Barbara Bregstein. ISBN-13: 978-0071768733. No class 11/11. Fee: \$45. 480-350-5200
46358 15 yrs+ W 9/23-11/18 6:45-8 p.m. LMRB



TEMPE HISTORY MUSEUM
Explore the Past, Discover Community

MOVIES at the MUSEUM, Classic Disney Films
First Four Sundays in August at 2 p.m.
Miss the old classic Disney films? Want your kids to see them for free and in air conditioned comfort? Experience a selection of the best Disney films from the 1950s through the 1970s.
Sleeping Beauty (1959): August 2
One Hundred and One Dalmatians (1961): August 9
The Jungle Book (1967): August 16
Robin Hood (1973): August 23

World War I Centennial & Related Talks
Thursday, 8/6; 6:30 p.m.
"Greatest Flying Program the United States Has Yet Witnessed": The Victory Loan Flying Circus of 1919 by Alan Roesler
In the spring of 1919, three Flying Circus "troupes" of U.S. Army Air Service aviators logged over 19,000 miles through 88 cities in 45 states across the country. This thrilling public campaign introduced tens of thousands of Americans to military aviation and it encouraged recruitment into the post-war army and to entice the purchase of "Victory Loan" bonds to help pay the costs of the Great War. While visitors who witnessed the acrobatics and mock battles of these shows enjoyed the Flying Circus, the veteran pilots of the tour gathered information about landing sites and terrain that would prove useful to military, civilian and commercial aviators for years to come.

World War I Centennial & Related Talks
Thursday, 8/20; 6:30 p.m.
"Any Way that may be Necessary to Guard the Southern Frontier": The Great U.S. National Guard Call-Up of 1916 by Jared Smith
On June 18, 1916, President Woodrow Wilson called over 150,000 National Guard troops to service along the border with Mexico. The military deployment, known as the "Great Call-Up," was unprecedented – it was the largest peacetime mobilization of American troops prior to the Selective Training and Service Act of 1940. By the end of July 1916, nearly 111,000 federalized National Guardsmen were stationed along the border guarding against a possible war with Mexico. While the training and lessons learned from this challenging operation would not be used against Pancho Villa's raiders or the Mexican Army, these Guardsmen found a need for their sharpened knowledge, skills and experience in the trenches of Europe not long thereafter.

Tempe Artists Guild Exhibit Opening
Friday, 9/4; 5 p.m.

Arizona: More Than 5Cs

Members of the Tempe Artists Guild, most of whom live and work in Tempe, portray contemporary images of their surroundings in paintings and drawings. This exhibit, Arizona: More Than 5Cs, showcases paintings of cactus, cattle, cotton, clouds, canyons and anything else they can think of that starts with a C. Join the Guild on Friday, September 4 from 5 – 7 p.m. for an exhibit opening with refreshments and entertainment. The exhibit is in the Community Room and runs through October 4.

THIRD THURSDAY at the MUSEUM

Thursday, 9/17, 10/15, 11/19; 7 p.m.

A Re-vision of the Third Thursday Program

Thursday evenings are getting re-imagined as the Tempe History Museum partners with local hosts to present a showcase that is part coffeehouse, part variety show and fun for all. Join us as we explore different forms of expression while enjoying quality coffee and desserts each Third Thursday in the fall and spring. Part of the excitement of this evening experience is the mystery and variety of what will be presented at each event. For example, we may have an evening with "The Mad Men of Arizona" featuring the design and style of the 1950s and 60s era or an "Evening of Food" with chefs, farmers, a food artist and more. The concept is to have short vignettes under an overall theme for the evening and may combine storytelling, music, a panel discussion, poetry, interpretive dance or any other form of expression into one program. Even with this variety the shows will align with the museum's mission to explore the past, celebrate the present and imagine the future. Join us each Third Thursday beginning in September for dessert, coffee and an event that is part artist portrait, part history lesson, part community forum and part creative event. Open to the public; donations welcome.

PERFORMANCES at the MUSEUM

Friday, 9/25; 7 p.m.

Hans Olson and Chuck Hall

Screechy screams and hissing cats, what other spooky Halloween sounds will be issuing forth from this free concert? This show will take you through a world of monsters, ghosts, ghouls, goblins, vampires, werewolves and witches. Scary? Yes, indeed, and perfect for the season. Admission to the museum and the performance is free.

Tempe Tardeada

Sunday, 10/4 from noon to 8 p.m.

The Tardeada is a celebration of Hispanic culture with roots in Tempe featuring Hispanic family albums, music and dance, food, community booths, a Mercado, face painters, balloon animals, inflatable rides and Hispanic-themed crafts. The Tardeada is produced by the Tardeada Advisory Board and the City of Tempe Diversity Office. Children's activities close at 6 p.m.

Tempe Historical Society Lunch Talks

Wednesday, 10/14; 11:30 a.m.

Growing Up A "Native" Sun Devil, Dr. Grady Gammage Jr.

Dr. Grady Gammage Jr. is the son of Dr. Grady Gammage, the president who led the transition from Arizona State Teachers College to Arizona State University. Grady Jr. spent his childhood on campus, was a Tempe High School graduate and is now a Valley attorney and specialist on water issues.

PERFORMANCES at the MUSEUM

Friday, 10/30; 7 p.m.

Double, Double, Toil and Tetra, Halloween with the Tetra String Quartet

Screechy screams and hissing cats, what other spooky Halloween sounds will be issuing forth from this free concert? This show will take you through a world of monsters, ghosts, ghouls, goblins, vampires, werewolves and witches. Scary? Yes, indeed, and perfect for the season.

Exhibit Opening, Legend City

Activities for Adults (18+ Years)

Friday, 11/6; 5:30 p.m.

Legend City was a locally-owned, home-grown theme park modeled after parks like Disneyland and Six Flags Over Texas. Although overall it was a financial failure, memories of Legend City represent an important shared experience for millions of visitors who passed through the gates during the twenty years that the park operated. Since Legend City has closed, no individuals, corporations or investment groups have been willing to attempt a theme park of the scale, vision and boldness that the creators of Legend City built over a half-century ago. On November 6, attend an exhibit ribbon cutting at about 6 p.m. Witness a view of the park and learn the story behind the scenes. Admission is free.

PERFORMANCES at the MUSEUM

Saturday, 11/7; 7 p.m.

Marcos De Niza High School Orchestra Recital with Tetra

As Ensemble-In-Residence at Marcos De Niza High School, the Tetra String Quartet introduces the art of studying chamber music to students from the school's orchestra program. Through a series of visits and coachings, students experience Tetra's C.A.M.P curriculum and learn the importance of Communication, Awareness, Musicianship and Personal Responsibility. The culmination of their work will be presented in concert at the Tempe History Museum.

Tempe Historical Society Lunch Talks

Wednesday, 11/11; 11:30 a.m.

Remembering "This Old House", Marcie Elias Gorman

Marcie Gorman grew up in Tempe's historic Elias-Rodriguez house on Creamery Road (old Eighth Street) when the canal was still open and it was lined with stately old cottonwood trees. She'll talk about that and – in tribute to Veterans Day - the many members of her family who served in the military.

PERFORMANCES at the MUSEUM

Saturday, 11/21; 7 p.m.

Aletheia String Quartet

Formed in 2013, the Aletheia String Quartet is named after the Greek Spirit of Truth and Wisdom and they bring energy, vigor and vitality to their performances while performing a wide variety of music. The ensemble members are all teachers, in public schools and private lesson studios, and believe in the importance of music education for all up-and-coming musicians. This free performance will feature a mixture of classical and contemporary pieces.

Sports

Organizational Meetings

Adult Basketball	11/10	7 pm	PAC	Begins January 4
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Registration Dates

Adult Basketball	12/2	8 a.m.	LIB	Begins January 4
Adult Softball	8/3	8 a.m.	LIB	Begins September 8
Adult Soccer	8/5	8 a.m.	LIB	Begins September 9
Adult Flag Football	8/5	8 a.m.	LIB	Begins September 8

Archery; Archery 101

Please see page 17 for complete description and class times.

Basketball; Adult Open Gym Basketball

Come play indoors. Court will be available for open play. A registration form and state issued photo ID are required on the first visit. Fee: \$1. 480-350-5800

No Code	18 yrs+	T	Ongoing	6:30-9 p.m.	ESCA
No Code	18 yrs+	Th	Ongoing	7:30-9 p.m.	ESCA
No Code	18 yrs+	Su	Ongoing	3:30-6 p.m.	ESCA

Basketball; Women's Fall League

Registration begins August 3 and will continue until the league is full. The

league begins the week of September 14. Team Fee: \$300. For more information contact Alex Jovanovic at 480-350-5800

Organizational Meeting	W	7/22	7 p.m.	ESCA
Registration	M	8/3	8 a.m.	ESCA

Golf; Golf 101 - Beginner

Have you always wanted to learn how to play golf but have never made the time? Come learn the fundamentals of golf from a PGA professional. Students will learn the rules, proper etiquette of golf, stance, grip and swing technique. Participants are encouraged to bring their own clubs; clubs may also be borrowed from the instructor. Fee: \$50. 480-350-5200

46504	18 yrs+	Su	9/6-9/27	9-10 a.m.	KMGC
46505	18 yrs+	Su	10/4-10/25	9-10 a.m.	KMGC
46506	18 yrs+	Su	11/1-11/22	10-11 a.m.	RHGC
46507	18 yrs+	Su	12/6-12/27	10-11 a.m.	RHGC

Golf; Golf 102 - Intermediate

This class is designed for those who have already taken Golf 101, or need to dust-off their clubs and get back in the game. Class is taught by a PGA professional who will help you gain a better understanding of equipment, how to perfect your golf swing, as well as on-course management. Students are encouraged to bring their own clubs. Fee: \$50. 480-350-5200

46510	18 yrs+	T	9/1-9/22	4-5 p.m.	KMGC
46511	18 yrs+	T	10/6-10/27	4-5 p.m.	KMGC
46512	18 yrs+	T	11/3-11/24	4-5 p.m.	RHGC
46513	18 yrs+	T	12/1-12/22	4-5 p.m.	RHGC

Rock-Climbing; Rock-Climbing and Rappelling

Basic instruction of the fundamentals and techniques of rock-climbing, as well as knot-tying and methods of belaying. Class participants need to arrive 15 minutes prior to the start of class to be fitted for shoes and to complete a waiver form. Fee: \$48. 480-350-5200

45848	16 yrs+	W	10/7-10/21	6:30-9:30 p.m.	ROC
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Volleyball; Drop In

The Kiwanis Recreation Center offers coed drop-in volleyball for ages 16 yrs+. Teams are formed on-site; learn rules at sign-up. *No play 11/15-11/29. Fee: \$4. 480-350-5201.

16 yrs+	Su	8/30-12/28*	11a.m.-2:45 p.m.	KRC
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*Gym closed November 23-December 5, 2015 for floor maintenance and facility improvements.

Volleyball; League Information

League Registration Dates

Resident Teams:	6/29-8/24
Non-Residents Teams:	7/2-8/24
League Dates (T/W):	9/8-10/21
Tournament Dates:	10/27-11/4

Women's A: 43037

Co-Rec B: 43039

Cost: \$305/team; no individual registration will be taken. For more information, visit our website at www.tempe.gov/kiwanis.

Volleyball; Open Gym

Bring your friends for a fun afternoon of indoor volleyball. All levels of play are usually represented from beginner to advanced. A registration form is required to be filled out on the first visit. Fee: \$1. 480-350-5800

No Code	16 yrs+	T/Th	Ongoing	7:30-9 p.m.	ESCA
No Code	16 yrs+	Su	Ongoing	1-4 p.m.	ESCA

Activities for Adults (50+ Years)

Registration begins August 10; classes begin August 31 unless noted otherwise within class descriptions.
No class September 7, November 11, 26 or 27. To view a list of class location abbreviations, see page 2.

The activities and classes below are designed for Adults (18+ Years). Additional offerings for adults may be viewed in the Adults (50+ Years) section.

Classes - Participants & Observation:

- Minimum age requirement for the following activities is 50 years.
- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.

Cahill Senior Center

715 W. 5th Street
480-858-2420
www.tempe.gov/cahill

The Dennis J. Cahill Senior Center offers a fully-equipped fitness room, computers with Internet access, luncheons, classes, movies and special events for adults, ages 50 yrs+.

Facility Hours:

Monday – Friday 8:30 a.m.-2:30 p.m.

Facility Closures: Sept. 7, Nov. 11, 26 & 27, Dec. 25

Weekly Activities

Weekly Activities

\$1 Appetizers	Mon.	12 p.m.
BINGO*	Mon.	1 p.m.
New Release Movie	Tues.	11 a.m.
\$3 Lunch before BINGO	Fri.	11:30 a.m.
BINGO*	Fri.	1 p.m.

*Card sales begin at 12:30 p.m.

No BINGO: Nov 27, Dec 25

Please refer to the Roadrunner Chronicle newsletter, or call 480-858-2420, for more information. Join the RTA (Retirees of Tempe Advisory Group) for event discounts.

Escalante Senior Center

2150 East Orange Street
480-350-5870
www.tempe.gov/escalante

The Escalante Senior Center is operated by Tempe Community Action Agency (TCAA) with programming every Tuesday through Friday.

The AmeriCorps Health & Wellness program is offered every Tuesday to include exercise classes with weights, balls, and bands to music and on Thursday Tai Chi classes for seniors. Monthly health related programs are presented by certificated health providers. Cooking Demos featuring nutritious, easy to prepare recipes are presented on the 1st and 3rd Wednesdays of each month. Other activities include the SENIOR LUNCH PROGRAM, Tuesday & Thursday BINGO, crafts, Readers Theater, Running Club, Garden Club, field trips and seasonal events. Mexican Independence Day will be celebrated on Wednesday, September 16th. The Senior Center programs are for guests ages 60+. For more information, stop by the center or call 480-350-5872 or 480-350-5871.

Facility Hours

Tuesday-Friday 8 a.m.-3 p.m.

Facility Closures: Sept. 7, Nov. 11, 26 & 27, Dec. 25

Weekly Activities:

AmeriCorps Exercise Class	Tuesday/Thursday	10:30 a.m.
Senior Lunch Program	Tuesday-Friday	11:30 a.m.
Bingo	Tuesday/Thursday	12:45 p.m.
Walking Club	Wednesday	9 a.m.
Cooking Demos	1st & 3rd Wednesday	10:30 a.m.
Garden Club	Wednesday	10:30 a.m.
Readers Theater	Wednesday	1 p.m.
Yoga	Thursday	10:30 a.m.
Tai Chi	Friday	10 a.m.

Special Events

Mexican Independence Day	September 16
Halloween Celebration	October 30
Thanksgiving Day	November 20

North Tempe Senior Center

1555 North Bridalwreath Street
480-858-6510
www.tempe.gov/northtempe

The North Tempe Senior Center is operated by the Tempe Community Action Agency (TCAA). The Center offers billiards, books, magazines, television, playing cards and a collection of board games. Programming includes luncheons, presentations, classes, special events and Bingo. The North Tempe Multi-Generational Center is home to TCAA's Home Delivered Meal (HDM) program that serves meals to home-bound elderly and disabled individuals in Tempe and South Scottsdale. Participants can be referred to us by the SENIOR HELP LINE@602-264-4357. TCAA also offers a private pay option for home delivered meals.

Activities for Adults (50+ Years)

The meals are delivered Mon.-Fri. between 9:30am and 12:30pm. If you would like more information for this program please call our front desk at 480-858-6510. Visit TCAA's Website at www.tempeaction.org.

Facility Hours:

Monday-Friday, 8 a.m.-3 p.m.

Facility Closures: Sept. 7, Nov. 11, 26 & 27, Dec. 25

Weekly Activities

Silver Sneakers Monday, Wednesday, Friday 9:30 a.m.
TCAA Congregate Lunch Monday, Wednesday, Friday 11:45 a.m.
Bingo (.50 cents per card) Monday 12:30 p.m.
AmeriCorps Fitness Classes Tuesday, Thursday 9:30 a.m.

Pyle Adult Recreation Center

655 East Southern Avenue

(SW Corner of Rural and Southern)

480-350-5211

www.tempe.gov/pyle

The Pyle Adult Recreation Center is a recreation facility for adults, ages 18 yrs+. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, dance room, billiards room, fitness room and six meeting rooms.

Facility Hours

Monday-Thursday 8 a.m.-9 p.m.
Friday 8 a.m.-5 p.m.
Saturday 9 a.m.-4 p.m.
Sunday Closed

Facility Closures: September 7, Nov. 11, 26, 27 & 28, Dec. 25

Retirees of Tempe Advisory (RTA)

The Retirees of Tempe Advisory (RTA) is a group sponsored by the City of Tempe Community Services Department and the Pyle Adult Recreation Center. The RTA advises Pyle staff regarding programs and events for those 50 years and older. RTA membership is \$5 per year and provides members with discounts on lunches and other special events and activities. To become a member, you must apply in person at the Pyle Adult Recreation Center's front desk.

Monthly Retiree Activities

Tuesday/Thursday Lunch/Program 11:30 a.m.
Needleweilders Tuesdays/Thursdays 9 a.m.-noon
Senior Songbirds meet Wednesdays 9:30 a.m.
Looney Tooner Kitchen Band, Mondays (Sept-May) 9:30 a.m.
Tuesday New Release Movies 12:30 p.m.
Bingo Every Wednesday 1 p.m.
Bluegrass Jam Session every Wednesday 12-2:30 p.m.
Current Events Discussion Group every Thursday 1 p.m.
Bluegrass Jam Session every Friday 9-11:30 a.m.
Various card groups throughout the week Times Vary
Classic Movie Fridays 12:30 p.m.

Fees for the above programs are minimal and vary by program to cover costs of the program. If you have questions about any of the programs or classes offered for adults 50+ years, call 480-350-5211, or visit the Pyle Adult Recreation Center's website at www.tempe.gov/pyle.

Arts & Crafts

Acrylic and Oil Painting

Instructed by Donna Levine, this course in Acrylic and Oil Painting includes composition, color theory and basic painting techniques. Class requires additional materials; please bring materials to the first class. Refer to class listing below for proper experience level placement. *No Class 11/23. **No Class 11/11, 11/25. ***No Class 11/26. 480-350-5211

43969	50 yrs+	Beg.	M	9/14-10/19	9 a.m.-noon	\$36	PAC
43970	50 yrs+	Int.	W	9/9-10/21	1-4 p.m.	\$42	PAC
43971	50 yrs+	Adv.	Th	9/10-10/22	9 a.m.-noon	\$42	PAC
43972	50 yrs+	Beg.	M	10/26-11/30*	9 a.m.-noon	\$36	PAC
43973	50 yrs+	Int.	W	10/28-12/9**	1-4 p.m.	\$30	PAC
43974	50 yrs+	Adv.	Th	10/29-12/10***	9 a.m.-noon	\$36	PAC

Crafts and Coffee at Cahill

Join us on the third Wednesday of each month for coffee and crafting. Fee: \$4. 480-858-2420.

45958	50 yrs+	W	9/16	10 a.m.	CSC
45959	50 yrs+	W	10/21	10 a.m.	CSC
45960	50 yrs+	W	11/18	10 a.m.	CSC
45961	50 yrs+	W	12/16	10 a.m.	CSC



Creative Aging: Wake Up the Artist In You!

Long time Arizona Teaching Artist, Jane Metzger, will lead an introduction to many methods, styles and techniques of drawing with an 8 week series of workshops. No experience necessary. Many drawing tools and materials will be included without charge. Students must be able to attend all eight workshop sessions and the culminating reception. *No Class 10/19.

Fee: None. 480-350-5500

46468	55 yrs+	M	10/5-11/30*	10 a.m.-noon	LMRA
Reception		M	12/7	6:30-7:30 p.m.	LMRA

Drawing: Color/B&W

In this class instructed by Donna Levine, students can explore both black and white, and color media of their choice. Emphasis will be on technique, composition and learning to "see" color. Cost of materials will vary depending on the media you choose. Please bring one drawing medium and appropriate paper to the first class. *No Class 11/23. 480-350-5211

43981	50 yrs+	M	9/14-10/19	12:30-3:30 p.m.	\$36	PAC
43982	50 yrs+	M	10/26-12/7*	12:30-3:30 p.m.	\$36	PAC

Activities for Adults (50+ Years)

Pastel Painting

Instructor Alice Van Overstraeten covers a unique medium in a fun environment where you will produce beautiful art with intense color. Please bring supplies to the first class; for a list of supplies, visit www.tempe.gov/pyle, or the Pyle Center Front Desk. *No Class 11/26. 480-350-5211

43990	50 yrs+	Th	9/10-10/15	1-3:30 p.m.	\$36	PAC
43991	50 yrs+	Th	10/22-12/10*	1-3:30 p.m.	\$42	PAC

Watercolor Painting

Instructed by Donna Levine, the emphasis of this class is on the use of materials as they apply to still life, landscape and portraiture. Class requires additional materials. Approximate cost of materials is \$40-\$45 depending on projects selected. Please bring materials to the first class. *No class 11/24. 480-350-5211

44010	50 yrs+	T	9/8-10/20	1-4 p.m.	\$42	PAC
44011	50 yrs+	T	10/27-12/8*	1-4 p.m.	\$36	PAC

Boating

Boom Kayak

Are you looking for a fun way to stay active and beat the weekend warriors? Join us during the week and our certified instructors will focus on physical fitness and basic stroke technique in a low-stress/low-impact fun environment. Fee: \$30. 480-350-8069

46273	50 yrs+	W	10/7	9-11 a.m.	TTLM
46274	50 yrs+	W	10/21	9-11 a.m.	TTLM
46275	50 yrs+	W	11/4	9-10:30 a.m.	TTLM

Boom SUP (Stand-up Paddling)

If you are looking for an opportunity to stay active, beat the weekend warriors and try something new, this is the class for you. Enjoy the fun and relaxed setting of Tempe Town Lake during the week on a stand-up paddleboard. Our experienced staff will tailor the class to your needs focusing on fitness, balance and basic stroke technique. Fee: \$30. 480-350-8069

46276	50 yrs+	Th	9/24	9-10:30 a.m.	TTLM
46277	50 yrs+	Th	10/15	9-10:30 a.m.	TTLM
46278	50 yrs+	Th	10/29	9-10:30 a.m.	TTLM

Business & Computers

Computer Basics

Become comfortable and gain confidence using the computer. Topics covered will include: Microsoft Word, search engines and short cuts. Basic computer skills are required. Fee: None. 480-350-5500.

46001	50 yrs+	M	9/28-10/12	10-11:30 a.m.	LCL
46360	50 yrs+	Th	10/22-11/5	9:30-11 a.m.	NCC

eBooks and Overdrive

Borrow eBooks, audiobooks and more from the Tempe Public Library anywhere, anytime with a WiFi connection. All you need is a current Tempe Public Library card. Fee: None 480-350-5500.

46000	50 yrs+	T	10/20	5-6:30 p.m.	LMRB
46430	50 yrs+	T	9/8	4:30-6 p.m.	CSC
46431	50 yrs+	W	9/23	2-3:30 p.m.	PAC
46432	50 yrs+	F	11/20	2:30-4 p.m.	NCC
45912	50 yrs+	F	12/4	10-11:30 a.m.	ESCA

Facebook for Beginners

Are you ready to explore Facebook? We can help get you get a better understanding of what Facebook is and how to use it. A current email and some basic computer experience are needed when setting up an account. These are some of the topics we will cover in this 2 week class. Fee: None. 480-350-5500.

46433	50 yrs+	W	9/9-9/16	10-11:30 a.m.	ESCA
46434	50 yrs+	T	9/29-10/6	4:30-6 p.m.	CSC
46435	50 yrs+	Th	11/12-11/19	10-11:30 a.m.	NCC

Go Google

Learn how to surf the net and improve your internet searching skills while having fun. You will explore google calendar, google maps, and learn how to use YouTube to watch videos. Basic computer skills are required. Fee: None. 480-350-5500.

45991	50 yrs+	T	10/27-11/3	4:30-6 p.m.	CSC
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Introduction into a World of Media

Boost your knowledge of online social networking tools. We will be providing a basic overview of Facebook, Twitter, and Pinterest. Note: This class is a prerequisite to Facebook for Beginners. Basic computer skills are required. Fee: None. 480-350-5500.

45997	50 yrs+	T	9/15	4:30-6 p.m.	CSC
46363	50 yrs+	W	10/14	2-3:30 p.m.	PAC
46364	50 yrs+	F	11/6	2:30-4 p.m.	NCC



Introduction to the Internet

Boost your knowledge about the internet. Learn basic skills on how to navigate it and tools. A basic overview will be provided. Basic computer skills are required. Fee: None. 480-350-5500.

46436	50 yrs+	W	9/2	10-11:30 a.m.	ESCA
46437	50 yrs+	F	10/2	10-11:30 a.m.	NCC

Introduction to Computers

This class is for someone with no prior computer experience. Learn how to use a mouse, become familiar with computer terminology and learn about the various parts of a computer. You will use the Internet to practice the skills that you have acquired in the class. Fee: None. 480-350-5500.

45989	50 yrs+	M	9/14-9/21	10-11:30 a.m.	LCL
45990	50 yrs+	Th	10/8-10/15	9:30-11 a.m.	NCC

Activities for Adults (50+ Years)

Introduction to E-Mail

Become comfortable and gain confidence using e-mail. An overview of gmail will be done as an example of how to register and what security features are available. Fee: None. 480-350-5500.

45994	50 yrs+	T	9/1	4:30-6 p.m.	CSC
45914	50 yrs+	W	10/7	10-11:30 a.m.	ESCA
46359	50 yrs+	Th	10/29	2:30-4 p.m.	NCC
45992	50 yrs+	M	11/23	10-11:30 a.m.	LCL
45993	50 yrs+	W	11/18	2:30-4 p.m.	PAC

Shopping For a New Tablet

Once you've decided to buy a new tablet, you still need to tackle a few more questions before you meet your new machine. Find out the latest technical features, hardware, and software available on the market. This is your chance to ask questions and become a more informed technology consumer. Fee: None. 480-350-5500.

46369	50 yrs+	W	10/7	2-3:30 p.m.	PAC
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Dance, Music & Theater

Line Dance; Beginning

A perfect class for the beginner who would like to learn the fun and easier dances at a slower pace. Focus is on form, technique and terminology in a fun and friendly environment. No partner necessary. *No Class 11/24. 480-350-5211

43986	50 yrs+	T	9/8-10/20	1:30-2:30 p.m.	\$28 PAC
43988	50 yrs+	T	10/27-12/8*	1:30-2:30 p.m.	\$28 PAC

Line Dance; Intermediate

A continuing class for those who feel they have mastered the basics and want more of a challenge. Focus is on rhythms, patterns and styles as you move to the music. *No Class 11/24. 480-350-5211

43987	50 yrs+	T	9/8-10/20	2:30-3:30 p.m.	\$28 PAC
43989	50 yrs+	T	10/27-12/8*	2:30-3:30 p.m.	\$28 PAC

Tap Dance; Beginning

This beginning level class will teach you the basic Tap steps as you put them together to create a fun dance routine. Lots of fun and great exercise. *No Class 11/26. 480-350-5211

44002	50 yrs+	Th	9/10-10/22	11:15 a.m.-12:10 p.m.	\$20 PAC
44005	50 yrs+	Th	10/29-12/17*	11:15 a.m.-12:10 p.m.	\$20 PAC

Tap Dance; Intermediate

Get fit while having fun. Learn fundamental Tap technique and steps, and then choreograph them for muscle memory. Start tapping your way to fitness. *No Class 11/24, 11/26. 480-350-5211

44003	50 yrs+	T/Th	9/8-10/22	9:10-10:05 a.m.	\$39 PAC
44006	50 yrs+	T/Th	10/27-12/17*	9:10-10:05 a.m.	\$39 PAC

Tap Dance; Performance

Take the fundamental Tap dance technique and steps that you've learned, and now focus on formations and polishing-up routines for performances. Come prepared to have fun. *No Class 11/24, 11/26. 480-350-5211

44004	50 yrs+	T/Th	9/8-10/22	10:10-11:05 a.m.	\$39 PAC
44007	50 yrs+	T/Th	10/27-12/17*	10:10-11:05 a.m.	\$39 PAC

Health & Fitness

Adult Fitness

Meet new people and feel great while working out in our fitness center. The class will occur in a small group setting. Participants will receive individual guidance. *No Class 11/26. Fee: None. 480-350-5800

46260	50 yrs+	M	9/14-9/28	noon-1 p.m.	ESCA
46261	50 yrs+	T	9/8-9/29	noon-1 p.m.	ESCA
46262	50 yrs+	W	9/9-9/30	noon-1 p.m.	ESCA
46264	50 yrs+	Th	9/10-10/1	noon-1 p.m.	ESCA
46265	50 yrs+	M	10/12-11/2	noon-1 p.m.	ESCA
46266	50 yrs+	T	10/13-11/3	noon-1 p.m.	ESCA
46267	50 yrs+	W	10/14-11/4	noon-1 p.m.	ESCA
46268	50 yrs+	Th	10/15-11/5	noon-1 p.m.	ESCA
46269	50 yrs+	M	11/16-12/14	noon-1 p.m.	ESCA
46270	50 yrs+	T	11/17-12/15	noon-1 p.m.	ESCA
46271	50 yrs+	W	11/18-12/16	noon-1 p.m.	ESCA
46272	50 yrs+	Th	11/19-12/17*	noon-1 p.m.	ESCA

Aerobic Dance Exercise

Get your heart pumping as you move to choreographed routines that encourage flexibility, muscular strength and cardiovascular endurance. *No Class 10/2, 10/5, 10/7, 10/9, 11/11. **No Class 10/1, 10/6, 10/8. 480-350-5211

43975	50 yrs+	M/W/F	9/9-11/20*	8:05-9 a.m.	\$67 PAC
43976	50 yrs+	T/Th	9/10-11/19**	8:05-9 a.m.	\$48 PAC
43977	50 yrs+	M/W/F	11/30-12/18	8:05-9 a.m.	\$23 PAC
43978	50 yrs+	T/Th	12/1-12/17	8:05-9 a.m.	\$16 PAC

Brain G.Y.M.

Banner Alzheimer's Institute and Banner Sun Health Research Institute have designed a program to boost brain health. This free 2.5 hour Brain G.Y.M. Boot Camp reviews lifestyle factors related to brain health and teaches a variety of methods to exercise various cognitive domains of the brain. Limited to 20 people and requires pre-registration by calling 602-230-2273. Fee: None.

No Code	50 yrs+	W	9/23	2-4:30 p.m.	LCC
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Chair Yoga

Unable to get up and down from the floor? You can still do Yoga. Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Suitable for all physical abilities. *No Class 11/11, 11/25, 11/27. 480-350-5211

43979	50 yrs+	W/F	9/9-10/21	9-10 a.m.	\$39 PAC
43980	50 yrs+	W/F	10/28-12/18*	9-10 a.m.	\$39 PAC

Activities for Adults (50+ Years)

Gentle Yoga

This class will focus on breathing and relaxation techniques that will quiet the mind and relax the body. Students will practice the basic hatha yoga poses, focusing on those that stretch the muscles and improve balance and strength. *No Class 11/24.

480-350-5211

43984	50 yrs+	T	9/8-10/20	12:15-1:15p.m.	\$28	PAC
43985	50 yrs+	T	10/27-12/8*	12:15-1:15p.m.	\$28	PAC

Seated Strength Training

Learn about things you can do with weights and bands while sitting to increase your strength. *No Class 11/23. **No Class 11/26. 480-350-5211

43992	50 yrs+	M	9/14-10/19	9-9:45 a.m.	\$15	PAC
43993	50 yrs+	Th	9/10-10/22	10:15-11 a.m.	\$18	PAC
45425	50 yrs+	M	10/26-12/14*	9-9:45 a.m.	\$18	PAC
45426	50 yrs+	Th	10/29-12/17**	10:15-11 a.m.	\$18	PAC

Stretch & Tone

Haven't exercised in a while? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. *No Class 10/5, 10/7, 11/11. **No Class 10/1, 10/6, 10/8. 480-350-5211

43994	50 yrs+	M/W	9/9-11/18*	10:30-11:15 a.m.	\$39	PAC
43995	50 yrs+	T/Th	9/10-11/19**	9:15-10 a.m.	\$39	PAC
43996	50 yrs+	M/W	12/2-12/21	10:30-11:15 a.m.	\$13	PAC
43997	50 yrs+	T/Th	12/1-12/17	9:15-10 a.m.	\$13	PAC

Tai Chi: Level I

This is an introductory class in the Guang Pin Yang style of Tai Chi and will concentrate more on learning Tai Chi moves that will help you to gain balance and flexibility, while improving breathing and posture. Preferred prerequisite: Tai Chi/Body Balance Basic. No Class 11/23. 480-350-5211.

43999	50 yrs+	M	9/14-10/19	12:30-1:30 p.m.	\$26	PAC
44001	50 yrs+	M	10/26-12/7*	12:30-1:30 p.m.	\$26	PAC

Tai Chi / Body Balance Basic

This exercise class uses basic Tai Chi movements and Qigong breathing exercises to gently relax and exercise the body. Major emphasis is on balance and stability, but students will also learn basic stretching exercises to improve flexibility and strength.

A basic Tai Chi Short Form that uses five major movements to exercise the body will be learned. No Class 11/23. 480-350-5211

43998	50 yrs+	M	9/14-10/19	11:15 a.m.-12:15 p.m.	\$26	PAC
44000	50 yrs+	M	10/26-12/7*	11:15 a.m.-12:15 p.m.	\$26	PAC

Toners & Shapers

Class designed to strengthen and tone muscles and to increase flexibility. Class consists of warm-up and stretch, strength-training exercise and a cool-down stretch and relaxation. Each participant is encouraged to work at their own level. Participants are asked to provide their own weights upon instructor recommendation.

*No Class 10/2, 10/5, 10/7, 10/9, 10/23, 11/11. 480-350-5211

44008	50 yrs+	M/W/F	9/9-11/20*	9:05-10:20 a.m.	\$76	PAC
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44009	50 yrs+	M/W/F	11/30-12/18	9:05-10:20 a.m.	\$26	PAC
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Yoga; with Weights

This is the perfect combination of flexibility and strength training. Class combines yoga and stretch exercises utilizing 1-2 lb handheld and light ankle weights to strengthen the core of the body; area between the shoulders and knees. Perfect for those experiencing tightness in hips, shoulders, lower back or legs. Each class ends with a brief relaxation. No Class 11/11, 11/25.

480-350-5200

45411	50 yrs+	W	9/9-12/9	10:35-11:35 a.m.	\$43	PAC
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Zumba for 50+

A fun workout that incorporates unique, Latin dance moves with up-beat Latin music. Zumba maximizes caloric output with fat-burning movements and adapts to your ability level with easy-to-follow dance steps so that you can have fun. *No Class 11/24.

**No Class 11/27. 480-350-5211

44012	50 yrs+	T	9/8-10/20	11:10 a.m.-12:05 p.m.	\$29	PAC
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44013	50 yrs+	F	9/11-10/16	10:35-11:30 a.m.	\$25	PAC
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44014	50 yrs+	T	10/27-12/15*	11:10 a.m.-12:05 p.m.	\$29	PAC
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44015	50 yrs+	F	10/30-12/18**	10:35-11:30 a.m.	\$29	PAC
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Social Activities

For additional information on the following Cahill Senior Center special events and menus, please refer to the monthly Roadrunner Chronicle, or call 480-858-2420.

**Pick up the Winter Brochure
December 3!**

Keep a good class going. Register early!

Activities for Adults (50+ Years)

\$1 Appetizers

Join us for an appetizer before we play bingo at 1pm. Please call for weekly menu. Register by the Thursday before each event.

Fee: \$1. 480-858-2420

45922	50 yrs+	M	9/14	noon	CSC
45923	50 yrs+	M	9/21	noon	CSC
45924	50 yrs+	M	9/28	noon	CSC
45925	50 yrs+	M	10/5	noon	CSC
45926	50 yrs+	M	10/12	noon	CSC
45927	50 yrs+	M	10/19	noon	CSC
45928	50 yrs+	M	10/26	noon	CSC
45929	50 yrs+	M	11/2	noon	CSC
45930	50 yrs+	M	11/9	noon	CSC
45982	50 yrs+	M	11/16	noon	CSC
45983	50 yrs+	M	11/23	noon	CSC
45984	50 yrs+	M	11/30	noon	CSC
45985	50 yrs+	M	12/7	noon	CSC
45986	50 yrs+	M	12/14	noon	CSC
45987	50 yrs+	M	12/21	noon	CSC
45988	50 yrs+	M	12/28	noon	CSC

Brunch & Bunco

Join us for a delicious brunch and a game of Bunco with prizes.

Register by the Monday before each date. Fee: \$4 for RTA

members; \$5 for non-members. 480-858-2420

45916	50 yrs+	W	9/9	10 a.m.	CSC
45917	50 yrs+	W	10/14	10 a.m.	CSC
45919	50 yrs+	W	12/9	10 a.m.	CSC

Fabulous Friday's \$3 Homemade Lunch

Join us for fresh and delicious Friday Lunches at the Cahill Senior

Center. Please call for weekly menu. Register by the Wednesday

before each event. Fee: \$3. 480-858-2420

45940	50 yrs+	F	9/4	11:30 a.m.	CSC
45941	50 yrs+	F	9/11	11:30 a.m.	CSC
45942	50 yrs+	F	9/18	11:30 a.m.	CSC
45943	50 yrs+	F	10/2	11:30 a.m.	CSC
45944	50 yrs+	F	10/9	11:30 a.m.	CSC
45945	50 yrs+	F	10/16	11:30 a.m.	CSC
45946	50 yrs+	F	10/23	11:30 a.m.	CSC
45947	50 yrs+	F	11/6	11:30 a.m.	CSC
45948	50 yrs+	F	11/13	11:30 a.m.	CSC
45949	50 yrs+	F	12/11	11:30 a.m.	CSC

Pokeno and Bagels

Pokeno is a game that is a combination of poker and keno, though it is pretty much like playing Bingo with standard playing cards. Join us for a morning of fun games and prizes. Fee: \$2.

480-858-2420

45977	50 yrs+	W	9/2	10 a.m.	CSC
45978	50 yrs+	W	10/7	10 a.m.	CSC
45979	50 yrs+	W	11/4	10 a.m.	CSC

Special Event: Roaring 20's Luncheon

Wear your boas and top hats, as we bring back the Golden Age in American History. Kick back and enjoy a 1920's jazz style performance, reminiscent of the Great Gatsby. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

45951	50 yrs+	F	9/25	11 a.m.	CSC
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Special Event: Halloween Party

Join us for a scary good time and come dressed in your spooky finest for our costume contest. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

45952	50 yrs+	F	10/30	11 a.m.	CSC
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Special Event: Thanksgiving Luncheon

Gather with friends and give thanks at Cahill's Thanksgiving Day Feast. Menu: Roast turkey, dressing, mashed potatoes and gravy, vegetables, and pumpkin pie. Fee: \$6.50 for RTA members; \$7.50 for non-members. 480-858-2420

45953	50 yrs+	F	11/20	11 a.m.	CSC
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Special Event: Holiday Tea

Begin this holiday season with an elegant afternoon tea. Sample a variety of teas with delicate pastries and finger sandwiches. Fee \$8 for RTA members; \$9 for non-members. 480-858-2420

45954	50 yrs+	F	12/4	1 p.m.	CSC
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Special Event: White Elephant Luncheon

Join us for a delicious homemade lunch and dessert with Holiday spirit. Bring a wrapped gift (re-gift something from home in excellent condition) to exchange during our Cahill White Elephant Party. Fee: \$4. 480-858-2420

45949	50 yrs+	F	12/11	11 a.m.	CSC
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Special Event: Holiday Luncheon

Come for some holiday cheer with a meal of spiral cut ham, scalloped potatoes, green beans, salad, dinner roll, and dessert. Fee \$5 for RTA members; \$6 for non-members. 480-858-2420

45955	50 yrs+	F	12/18	11 a.m.	CSC
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Special Interest



Secrets to Getting the Class You Want

Currently registration is required for only some of the Tempe Library's programs, but beginning this Fall, the Library will require registration for all programs. In this drop-in class you will learn how to register online, in person, by mail and by fax. No registration required. Fee: None. 480-350-5500

No Code	50 yrs+	W	9/16	2-3 p.m.	PAC
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